

Hello CrossFit Generation!

We have some really fun announcements for you all – the video we released is a great announcement for everything. The details are listed below here.

Starting June 1st, we are going to hit the ground running with all these programs!

CrossFit is growing!

- We are adding two more classes to the Generation CrossFitness program.
- **Tuesdays at 6p and Fridays at 8a** are being added to the current classes on Mondays and Wednesdays at 6p.
- As always, anyone can take CrossFitness at any time. It is interchangeable with CrossFit classes with your membership.

CrossFit Competition Resource

- Coach Dave has created a resource to aid anyone interested in CrossFit as a sport.
 - Part 1 conceptualizes what it takes to compete in CrossFit.
 - Part 2 gives a way to analyze your own standing in the areas of competitive CrossFit and objectively review your strengths and weaknesses.
 - Part 3 provides direction. A checklist of sorts to help organize and attack goals.
- Coach Dave will be doing an in person educational seminar on this.
 - **Saturday, May 14th at 8am and Monday, May 16th at 7pm** (only need to attend one).
 - Cost is \$10 for the seminar and take-home resource guide.
 - Sign up on Wodify.

Generation Strength/Skill Programs

- The Generation Pull-Up program has had great success. Therefore, Coach Barry is working on creating more programs like it for elements like squatting, handstand pushups, ring dips, endurance and more.
- The programs will be available on site at CFG only (in a library in the lobby). It will not be posted online- this is a free, members only privilege.

Generation Open Gym

- Open gym times will be **Mondays from 8a-12p and 1p-3p, Tuesdays and Thursdays from 10a-12p and 1p-3p and Sundays... yes, Sundays from 8a-10a.**
- Open Gym is free for UNLIMITED members only.
- If 2 or 3 time per week members want to come in and take advantage of Open Gym it will be considered an added workout for that week and cost \$10. It cannot be used as part of the 2 or 3 time membership - that's for CrossFit classes only.
- The normal drop in fee of \$15 will be assessed to non-members.
- During Open Gym you may do whatever you like -- for example, do a WOD from the week you missed out on or work on the Strength/Skills programs. It is NOT lead by a coach, so please don't come expecting someone to create a workout for you or lead you through a warm up. If you want one-on-one time we do offer personal training, so reach out to us if you wish to utilize that service during Open Gym.
- We will ask all members to simply sign in on WODIFY when they arrive to track attendance.
- Open Gym hours will be strictly followed so please plan accordingly to be DONE with all aspects of your workout by the end times for all sessions.

"Is This You?" Video Series

- We are always looking to help make you better. In the way you move, in the way you feel and how you perform outside of the gym.
- Bryan will be creating a video/PDF/pictures series that will have a movement pattern gone wrong and then ways to correct it. This educational series will be available to all members as a way to continually strive for betterment in the way we move.

Generation Community Day

- This community class is perfect for those looking to "try something new". Using the CrossFit methodologies of training this class will be programmed for all athletic abilities. The goal is to give someone a taste of CrossFit and see what the CFG's community is all about.
- Non-member drop-in cost is \$5 to take the class.
- No charge for current members who bring a friend/family/co-worker.
- The first class will be **Saturday, May 14th at 8am.**
- Starting in June Community Day will be the 1st Saturday of each month.
- A sign-up will be posted to WODIFY and preregistration is required. Payment will be due in cash or check at the start of each class.

Generation BootCamp

- This morning bootcamp will be designed as a full body workout targeting major muscle groups to generate a huge calorie burn. These workouts will use your body weight (and some equipment) to push you to the next level. The goal being to increase cardiovascular stamina, core strength and flexibility.
- This bootcamp will run in 4 week sessions. Pre-registration is required.
- The first session is **Tuesdays and Thursdays June 7th-30th at 6:30am.**
- Cost for 4 week session is \$99.