

# Winter Break Monarch Training Zone Schedule In Effect 12/12-1/10

	Monday 12/14	Tuesday 12/15	Wednesday 12/16	Thursday 12/17	Friday 12/18
<b>Afternoon</b>	12:15-1:15p <b>Crossfit</b> Jamie		12:15-1:15p <b>Crossfit</b> Jamie		12:15-1:15p <b>Crossfit</b> Jamie
<b>Evening</b>	5:15p-6:15p <b>Crossfit</b> Rico	5:15-6:15p <b>Crossfit</b> Justin		5:15-6:15 <b>Crossfit</b> Justin	

**There will be no classes from 12/21-1/1. Have a safe and healthy Holiday!!**

	Monday 1/4	Tuesday 1/5	Wednesday 1/6	Thursday 1/7	Friday 1/8
<b>Afternoon</b>	12:15-1:15p <b>Crossfit</b> Jamie		12:15-1:15p <b>Crossfit</b> Jamie		12:15-1:15p <b>Crossfit</b> Jamie
<b>Evening</b>	5:15p-6:15p <b>Crossfit</b> Rico	5:15-6:15p <b>Crossfit</b> Justin		5:15-6:15 <b>Crossfit</b> Justin	

## Class Descriptions

**Crossfit:** will push you to your limits while performing constantly varied functional movements executed at high intensities giving you maximum results in the least amount of time. Space is limited to the first 10 people who have purchased punches at the SRC Pro Shop.

All Classes are held in the Monarch Training Zone on the first floor of the Student Recreation Center.

### ODU Crossfit Student Rates:

**1 Punch:** \$5  
**10 Punches:** \$ 40  
**20 Punches:** \$ 80

### SRC Crossfit Members Rates:

**1 Punch:** \$10  
**10 Punches:** \$ 90  
**20 Punches:** \$ 180

**Registration:** Visit the Pro Shop located inside the Student Recreation Center to register and purchase your ODU Crossfit Punch