

## Spring 2016 Monarch Training Zone Schedule

**In Effect 5/16/16- 6/25/16**

**\*There will be no class on Memorial Day, Monday, May 30**

(Schedule is tentative to change throughout the semester, please see below)

For more information, contact Lauren Mayes, Coordinator for Fitness and Wellness at [lrmayes@odu.edu](mailto:lrmayes@odu.edu)

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid- Morning			11:30-12:30 Crossfit Rico		
Evening		4:00-5:00pm Crossfit Rico		4:00-5:00pm Crossfit Rico	
	5:15-6:15 Crossfit Rico	5:15-6:15p Crossfit Justin		5:15-6:15 Crossfit Justin	

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

Crossfit defines its workouts as “constantly varied, high intensity, functional movement,” All workouts can be scaled to anybody, age, and level of fitness- everyone is welcome. ODU Crossfit Coaches will assist you to achieve your best workout while you participate with other group members and provide motivation for each other!

All classes are free to Recreation and Wellness members. Classes are limited to 10 participants and based on a first come, first served basis.