

## Summer Session 2- 2016 Monarch Training Zone Schedule

**In Effect 6/27/16-8/6/16**

**\*There will be no class on Monday, July 4, 2016**

(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			11:30a-12:30p Crossfit Rico		
Evening	5:15-6:15p Crossfit Justin	5:15-6:15p Crossfit Rico	5:15-6:15p Crossfit Justin	5:15-6:15p Crossfit Rico	5:15-6:15p 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.**