



CrossFit Schedule
Davis Athletic Club
 1809 Picasso
 Davis, California 95618
 530-753-5282

Forging Elite Fitness!

Asterisk indicates a free class

www.daviscrossfit.com

daccrossfit@hotmail.com

6/1/2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM-7AM	6AM-7AM	6AM-7AM	6AM-7AM	6AM-7AM		
					9AM-10AM*	
					Fundamentals	
9:30AM		9:30AM		9:30AM	10AM-11AM	
3:30-4PM		3:30-4PM		3:30-4PM		
Kids		Kids		Kids		
4PM-5PM		4PM-5PM		4PM-5PM		
5PM-6PM		5PM-6PM		5PM-6PM		

CrossFit is designed to improve all 10 components of fitness: cardio endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. The results of CrossFit strength and conditioning can be found in the military, firefighters, law enforcement officers, triathletes, cage fighters, soccer moms and grandmothers.

CrossFit Kids is used by athletic teams, martial arts schools and many parents that want their kids to grow up healthy, strong and have a life long love of working out thus avoiding the common problems associated with childhood inactivity and obesity. We've used our same routines for 4 year olds and elite high school athletes. We scale load and intensity; we don't change programs. The needs of our second graders and our high school wrestler differ by degree not kind.