



# Choctaw Nation

Wellness Center

# GROUP CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	<b>CrossFit (Tray Blaylock)</b>	<b>CrossFit (Tray Blaylock)</b>	<b>CrossFit (Tray Blaylock)</b>	<b>CrossFit (Tray Blaylock)</b>	<b>CrossFit (Tray Blaylock)</b>
8am to 9 AM	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>
9:00-9:30 AM	<b>55+CrossFit (Trastin Blaylock)</b>		<b>55+CrossFit (Trastin Blaylock)</b>		
9:30-10:45 AM	<b>SENIOR VOLLEYBALL (Terri Ramirez)</b>		<b>SENIOR VOLLEYBALL (Terri Ramirez)</b>		
11:00am-12:00 PM	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>	<b>CrossFit (Micah Crenshaw)</b>
5:00pm to 5:45pm	<b>Kids Functional Fitness (Jeremiah Kelly and Tysin Davis)</b>		<b>Kids Functional Fitness (Jeremiah Kelly and Tysin Davis)</b>		<b>Kids Functional Fitness (Jeremiah Kelly and Tysin Davis)</b>
6:00pm to 7:00pm	<b>CrossFit (Jeremiah Kelly)</b>	<b>CrossFit (Jeremiah Kelly)</b>	<b>CrossFit (Jeremiah Kelly)</b>	<b>CrossFit (Jeremiah Kelly)</b>	<b>CrossFit (Jeremiah Kelly)</b>
7:00pm to 8:00pm	<b>MMA (John White)</b>	<b>MMA (John White)</b>	<b>MMA (John White)</b>	<b>MMA (John White)</b>	<b>MMA (John White)</b>

\*\*Classes and instructors are subject to change without notice\*\*



**What is CrossFit?**

CrossFit is a strength and conditioning program built on functional movements that we experience in day-to-day life and executed at high intensity.

**Why are we different?**

Our methodology delivers a program that is designed to be broad and inclusive for people of all ages and fitness levels. Universal scalability of load and intensity provides results for any committed individual regardless of current fitness level or experience. Our programming reflects our belief that fitness needs for grandparents, fire fighters, police, kids, and everyone in between differ by degree, not kind.

Our view of what fitness is and how to achieve it works by effectively unraveling the distinction between weight training and cardio and combining them into metabolic strength and conditioning.