

What to expect with this challenge

It will be a challenge and it will be difficult at times. But, if it's not hard, it doesn't work. We will spend a lot of time on the Air Assault Bike (similar to the AirDyne) and the Concept2 rower.

Bodyweight movements like air squats, pushups, burpees and ring rows will be taught.

Dumbbells, kettlebells, medicine balls and sandbags are some of the tools we will also work with. Classes will be 45 min.

The coaches are here to help and guide and create a positive, fun and motivating environment, we want everyone to succeed. Nutrition counseling is also included from our certified nutrition coaches.

The challenge starts Jan. 8 and will run 12 consecutive week. Monday, Wednesday and Friday are the days and the times available are 6am, 11am and 7pm.

We take health and fitness very seriously at CrossFit 785 and we want you to be a part of it! Come join the FAMILY today!