

Rebel Mel's Fitness and RMF CrossFit schedule

Effective September 11th, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am CrossFit	5:00am-6:00am Cycle/CrossFit	5:00am-6:00am CrossFit	5:00am-6:00am Cycle/CrossFit	5:00am-6:00am CrossFit	8:00am-9:00am Cycle/Bootcamp CrossFit Open Gym
6:00am-8:00am CrossFit Open Gym	6:00am-8:00am CrossFit Open Gym	6:00am-8:00am CrossFit Open Gym	6:00am-8:00am CrossFit Open Gym	6:00am-8:00am CrossFit Open Gym	9:00-10:00 CrossFit/TRX
8:15am-9:15am CrossFit	8:15am-9:15am CrossFit	8:15am-9:15am CrossFit	8:15am-9:15am CrossFit	8:15am-9:15am CrossFit	10:00am-11:00am CrossFit/ Warm Yoga
9:15am-10:15am Yoga/CrossFit	9:15am-10:15am Cycle/CrossFit	9:15am-10:15am Yoga/CrossFit	9:15am-10:15am Cycle/CrossFit	9:15am-10:15am TRX/CrossFit	<p>Club Hours M-F 5am-8pm & Saturday 7:30am-12pm</p> <p>Kid's Club Hours M-Fri: 8:15am-11:15am & 3:30pm-7:30pm</p> <p>Saturday 8am-11am</p>
10:15am-11:15am Warm Yoga CrossFit Open Gym	10:15am-11:15am Bootcamp/Piyo CrossFit Open Gym	10:15am-11:15am Warm Yoga CrossFit Open Gym	10:15am-11:15am Bootcamp/Barre CrossFit Open Gym	10:15am-11:15am TRX CrossFit Open Gym	
10:15am-3:30pm CrossFit Open Gym	10:15am-3:30pm CrossFit Open Gym	10:15am-3:30pm CrossFit Open Gym	10:15am-3:30pm CrossFit Open Gym	10:15am-3:30pm CrossFit Open Gym	
3:30-4:30pm Teen Fit CrossFit Open Gym	3:30pm-4:30pm CrossFit Open Gym	3:30pm-4:30pm Teen Fit CrossFit Open Gym	3:30pm-4:30pm CrossFit Open Gym	3:30pm-4:30pm Teen Fit CrossFit Open Gym	
4:30pm-5:30pm Cycle/CrossFit	4:30pm-5:30pm TRX/Kids Fit/CrossFit	4:30pm-5:30pm Cycle/CrossFit	4:30pm-5:30pm Piyo/Kids Fit/CrossFit	4:30pm-5:30pm Yoga/CrossFit	
5:30pm-6:30pm Bootcamp/TRX/CrossFit	5:30pm-6:30pm Yoga/CrossFit	5:30pm-6:30pm Bootcamp/Barre/ CrossFit	5:30pm-6:30pm Cycle/Crossfit	5:30pm-6:30pm Warm Yoga/CrossFit	
6:30pm-7:30pm Piyo/CrossFit	6:30pm-7:30pm Warm Yoga/CrossFit	6:30pm-7:30pm Cycle/CrossFit	6:30pm-7:30pm Warm Yoga/CrossFit	6:30pm-7:30pm TRX/CrossFit	

Rebel Mel's Fitness & RMF CrossFit – 425-737-0084 – Rebelmelsfitness.com – facebook.com/rebelmelsfitness

All participants should be in good health and consult a physician before engaging in an exercise program.

All CrossFit, group classes & open gym are included with your Rebel Mel's Fitness membership with the exception of 56Fitt/Bootcamp and events/workshops.

Class Descriptions:

Barre – This full body workout will incorporate small repetitive dancer and Pilates exercises using a ballet barre or Band for balance. These non-impact conditioning techniques will help create long, lean, toned muscles similar like dancers without having to learn to dance. You'll improve your posture, balance and muscle tone.

Cycle – A great cardiovascular workout to spice up your mundane routine. The instructor will assist the new participant in proper bike set-up and appropriate instruction for each individual based on their level. We will provide the sweat towels and you provide the sweat and hard work. Bikes are available on a first come first serve basis.

Warm Yoga – Increase flexibility, gain strength, and reduces stress through the incorporation of both static and dynamic flexibility movements and postures. For Warm Yoga, the room will be slightly warmer (between 80-90 degrees) with no additional humidity other than what your own body produces.

CrossFit- Is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and the movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

56Fitt Bootcamp- An 8 week program specially designed to give you confidence, endurance and strength. Be prepared to be surrounded by individuals and coaches that support, motivate and push one another. Our program comes with meal plans, food prep and menus, body fat%, measurements, pictures and so much more.

Piyo- combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

TRX - Born in the Navy Seals, TRX Suspension Training uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

CrossFit Open Gym- Open gym is intended to provide athletes an independent wod/skill/cardio/lifting time block not led by a coach or trainer

Yoga- Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

Teen Fit- 12-17yrs TBA

Kids Fit- 12yrs and under TBA

Functional Fitness- Our 1500SQFT Functional Fitness area is supplied with treadmills, Bosus, Kettlebells, Cross over cable machine, Dumbbells up to 70lbs, benches, ropes, slam balls, squat rack and more. Functional Fitness area open during normal business hours (closed during 56Fitt Bootcamp)