

Lombardi Recreation *Cub Corps*.

Foundations / On-Track Fitness Program

"On-track with the pack!"

John Berriochoa, Fitness Coordinator UNR CrossFit (jberrioc@unr.edu)

Are you interested in CrossFit but feel you need to get "in-shape" before? This is for you!

Do you want to improve your skill set for fundamental movements? This is for you!

Are you ready to try fitness in a different way? This is for you!



This program is intended to safely get you up to speed with the fundamental movements of CrossFit so you will have the knowledge, skills and abilities to succeed in your fitness goals.

This program has been set-up with your busy schedule in mind. Each week of the four-week course allows for tremendous flexibility in attendance. Each week you must attend on Monday or Tuesday and Wednesday or Thursday, all Friday classes must be attended. If you want to attend all 5 days we would love to have you but it is not necessary.

The course will introduce you to the nine basic movements of CrossFit and all the secondary related gymnastics, metabolic and strength movements. You will learn the movements and reinforce the mechanics by applying them in a "work out of the day" or WOD in CrossFit slang. Every movement and work-outs is scalable to any ability and fitness level. When you are finished, you will have completed eight skills classes and four test WODs. You will receive a UNR CF "Earned *Cub Corps*. Grad" t-shirt and water bottle.

Registration must be turned in by Jan. 27, 2012 for #1, and by Feb. 2nd, 2012 for #2.

Go to http://unrcrossfit.typepad.com/cub_corps/ for registration form.

The Cub Corps will have different WODs from the UNR CF (Rx) classes as you are working on your skill development. Each Monday and Tuesday will have the same WOD as well as Wednesday and Thursday. Friday will be a specific WOD based on the foundations and exercises taught during the two different workouts (M or T and W or Th) during the week.

Participants are still encouraged to attend other classes (Rx/Oly/Pink) throughout the semester.

Cost: FREE!

Course:

4-Weeks Blocks:

- Monday/Tuesday Class Blocks (Foundational Movements + WOD)
- Wednesday/Thursday Class Blocks (Foundational Movements + WOD)
- Friday Test WOD Block (4)
- Complete 4 M/T Blocks (1 of the 2), 4 W/Th Blocks (1 of the 2), and all 4 Test WODs to graduate from the course.

Participants:

- All skill levels welcome (Beginners - Advanced)
- Must register and attend all 8 skills classes and 4 test WODs to "graduate."
- Classes are based upon on safety, technique, and form and will be at a slower pace than other UNR CF classes (Rx/Oly/Pink).
- Miss more than 1 day...you will not graduate. (*Unless legitimate emergency @ instructors discretion.*)
- Must be a current Lombardi Recreation Member.
- Space is limited so register today!

Course #1:

Jan. 30th Feb. 28th, 2012 (Feb. 20th ...no course...President's Day)

Final will be on Feb. 27th and 28th, 2012.

20 Spaces Available

Course enrollment is based on a first come basis, and need for the program.

Course#2:

Mar. 5th Apr. 6th, 2012

(Mar. 19th Mar. 23rd ...no course...Spring Break)

Final will take place April 6th, 2012

20 Spaces Available

Course enrollment is based on a first come basis, and need for the program.

Registration Information:

Please Print Clearly

Name / Info:

Last Name _____ First Name _____

Name Preferred _____ M ___ F ___ Age _____

Student ___ Faculty ___ Staff ___ If student...what year are you? _____

E-Mail address _____

Exercise, Sport, and Fitness Background (if any):

T-Shirt Size (Unisex):

Sm ___ Md ___ Lg ___ XL ___ XXL ___

Preferred Course:

January 30th February 28th _____ (If course fills up you may join Course #2)

March 5th April 6th _____

Commitment:

By signing this form, I _____ **commit** to working hard to improve my overall health and fitness, learn new skills, and will participate in all 8 skills classes and 4 test workouts. I understand that if I do not meet all requirements of the course, I will not graduate the *Cub Corps*.

Signature _____ Date _____

