



WWW.GTSCROSSFIT.COM / 2825 NALL STREET #6 / PORT NECHES, TEXAS 77651 / 409.293.3637

Port Neches, Texas

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit
4:30pm	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit		
5:30pm	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit	
6:30pm	GTS CrossFit	GTS CrossFit	GTS CrossFit	GTS CrossFit		

12.1.19

CROSSFIT CLASS DESCRIPTION

Varied functional movements performed at a relatively high intensity level
 The movements combine aspects of weight lifting, running, gymnastics, and cardio rowing
 Classes are performed in a group setting led by caring and inspirational Coaches
 This program is for all-skill levels from elite to beginner participants

Designed for universal scalability which allows any committed participant to obtain measurable, observable, and repeatable results