



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Interested in trying Beast Mode?

Below are some options to get you started with
Beast Mode at the Prisma YMCA

On Ramp

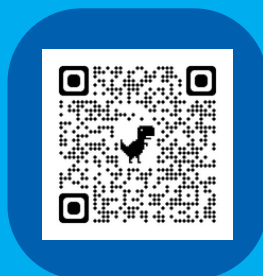
This class teaches the skills you need to know to be successful in a standard Beast Mode class.

There are 2 classes offered a month:

- Tuesday/Thursday option 11-12pm. You must attend BOTH classes. Child watch is available during this time
- Saturday option 10-1pm. No child watch available.

Space is limited. Registration is required.

Scan the QR code to view the group exercise schedule and register for class.



"Testing out" with one of our CrossFit certified coaches

If you are familiar with movements performed in Beast Mode you can come to a coach led Open Gym time to test out before coming to class.

Coach led Open Gym times:

- Mon-Fri, 11-11:30 am
- Mon-Th, 6:30-7:30pm
- Fri, 5-6pm
- Sat, 10-11am

