

INFO

GREEN MOUNTAIN
COMMUNITY FITNESS

EVERYDAY STRONGER

Functional Fitness
classes at GMCF!

WWW.GMCF.LIFE/GROUP-CLASSES

CLASSES & PROGRAMS

- CrossFit
- GETFIT
- KBXFIT
- HIITFIT
- BarbellFIT
- OutFIT
- Fit4Life

Questions?
Email:
info@gmcf.life

FREQUENTLY ASKED QUESTIONS

What is Functional Fitness?

Functional fitness classes focus on **movement patterns that humans are designed to do**. We focus on squatting, lunging, jumping, running, pulling and pressing.

Where should I start?

It depends. Athletes with some conventional exercise experience but who have never worked with a barbell should start in our **GETFIT** class. Athletes who have no prior workout experience or who are coming back from an injury or surgery should consider **Fit4Life**.

Can I try a CrossFit class if I have no prior experience?

Yes. If you decide to participate in a CrossFit class and have never done so before please plan to arrive a few minutes early and check in with the coach. Our coaches are trained to help athletes of all ability levels have a great experience.

How to Book a Class

Web Portal

- Log into your account at gmcf.clubautomation.com
- Click **Class Registration**
- Scroll down and find the class you wish to attend
- Select the date you want and click **Sign Up**
- In the pop-up window select your name and click **Register**
- Scan in with your bar code at the front desk when you arrive

Member App

- Once downloaded and logged in, select **Classes**
- Choose the day you wish and scroll down to find the class you want to attend
- Select **Sign Up**
- Scan in with your bar code at the front desk when you arrive

Front Desk

If you prefer, the **Front Desk** at GMCF can make a reservation for you. You may **stop by in person** or call **(802) 223-6161**.

- All classes are included with our Summit Membership
- **Non-Members** can purchase a Drop-in or punch card to attend classes

THINGS TO EXPECT

1. Daily Programming
2. Coach-led Classes
3. Supportive Environment
4. Functional Movements
5. Expert Instruction

SKILL TYPES

- 01** **CONDITIONING**
Workouts using running, rowing, & jumping rope combined with resistance training
- 02** **GYMNASTICS**
Body weight movements: push-up, pull-up, sit-up, air squat, etc.
- 03** **BARBELLS**
Barbell movements: clean & jerk, snatch, deadlift, squat, & press
- 04** **STRONGMAN**
Sandbags, Atlas stones, kettlebells, & medballs

