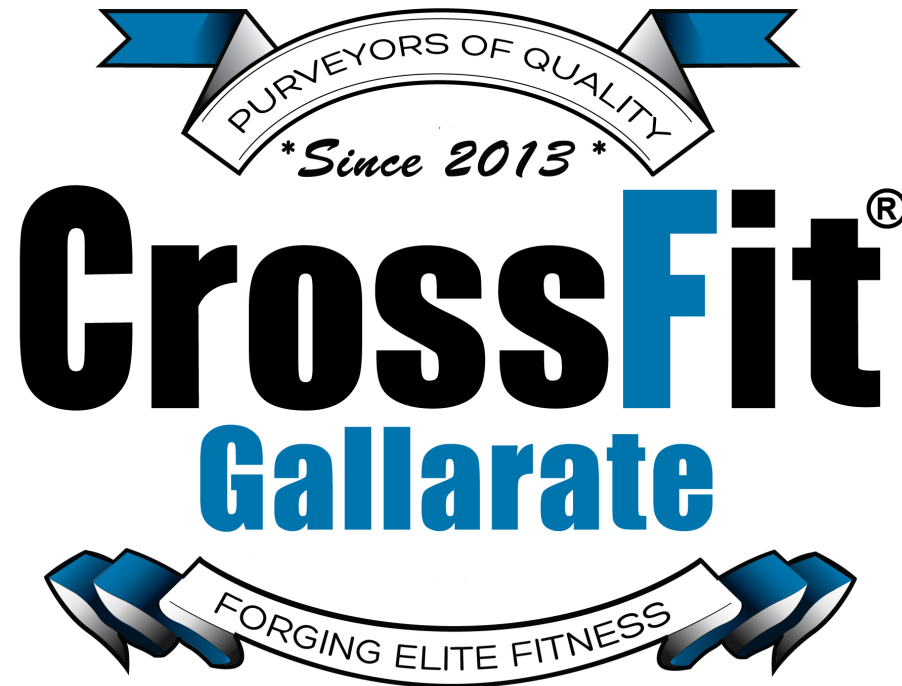


THE BEST
WAY TO
PREDICT THE
FUTURE IS
TO CREATE IT



www.crossfitgallarate.com

COS'E' CROSSFIT GALLARATE



Il box CrossFit Gallarate è qualcosa di speciale...diverso dalla solita palestra piena di macchinari. All'interno troverai un gruppo di persone energiche ed appassionate che ti faranno sentire come a casa, trasformando la tua fatica ed il tuo sudore in grandi sorrisi per i risultati raggiunti. Il vostro impegno ed il vostro sorriso ci aiuteranno a creare una comunità fortemente unita da un unico fine: migliorare la propria vita attraverso l'attività fisica.



CrossFit Gallarate_via Campi 3

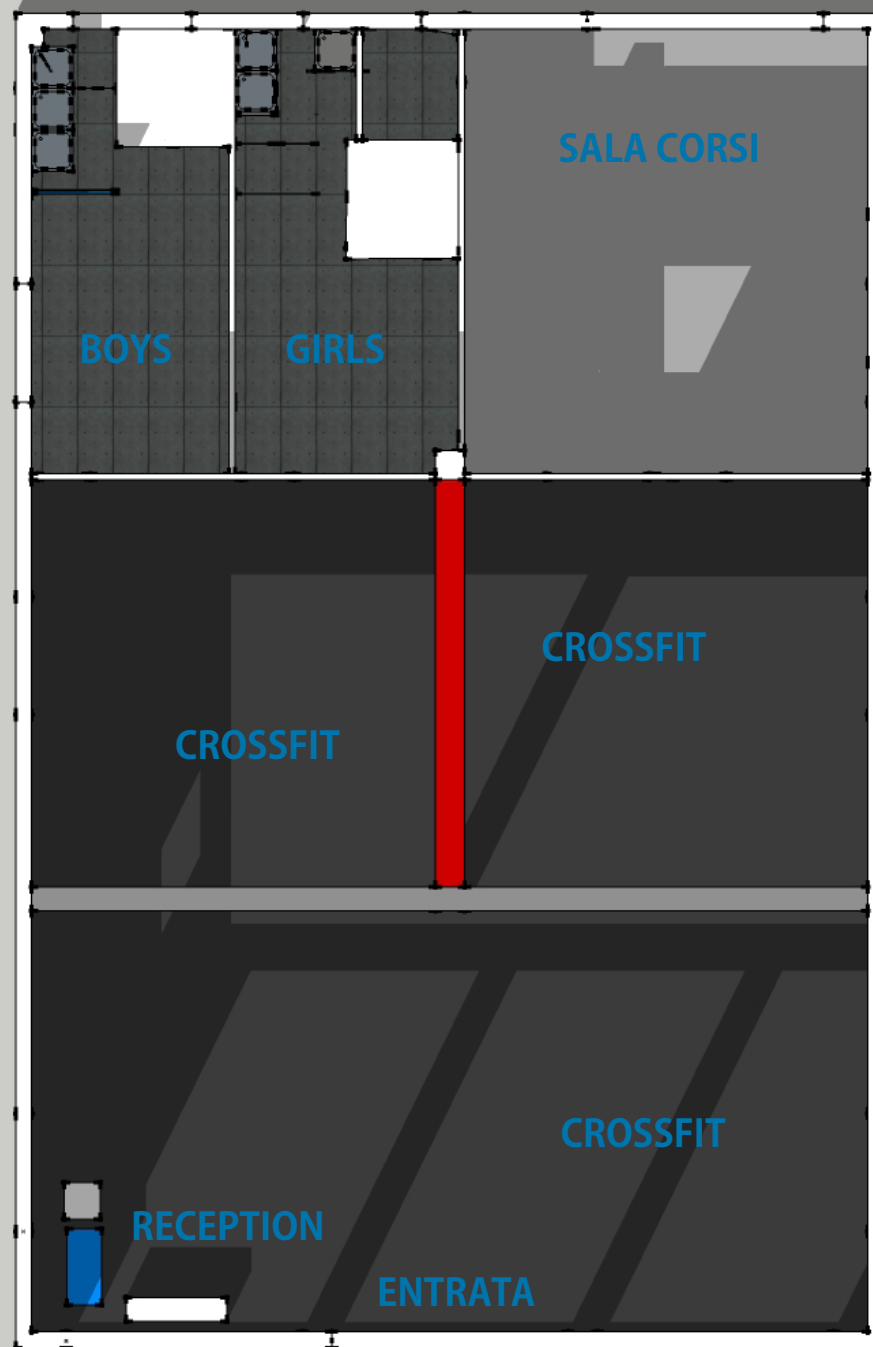


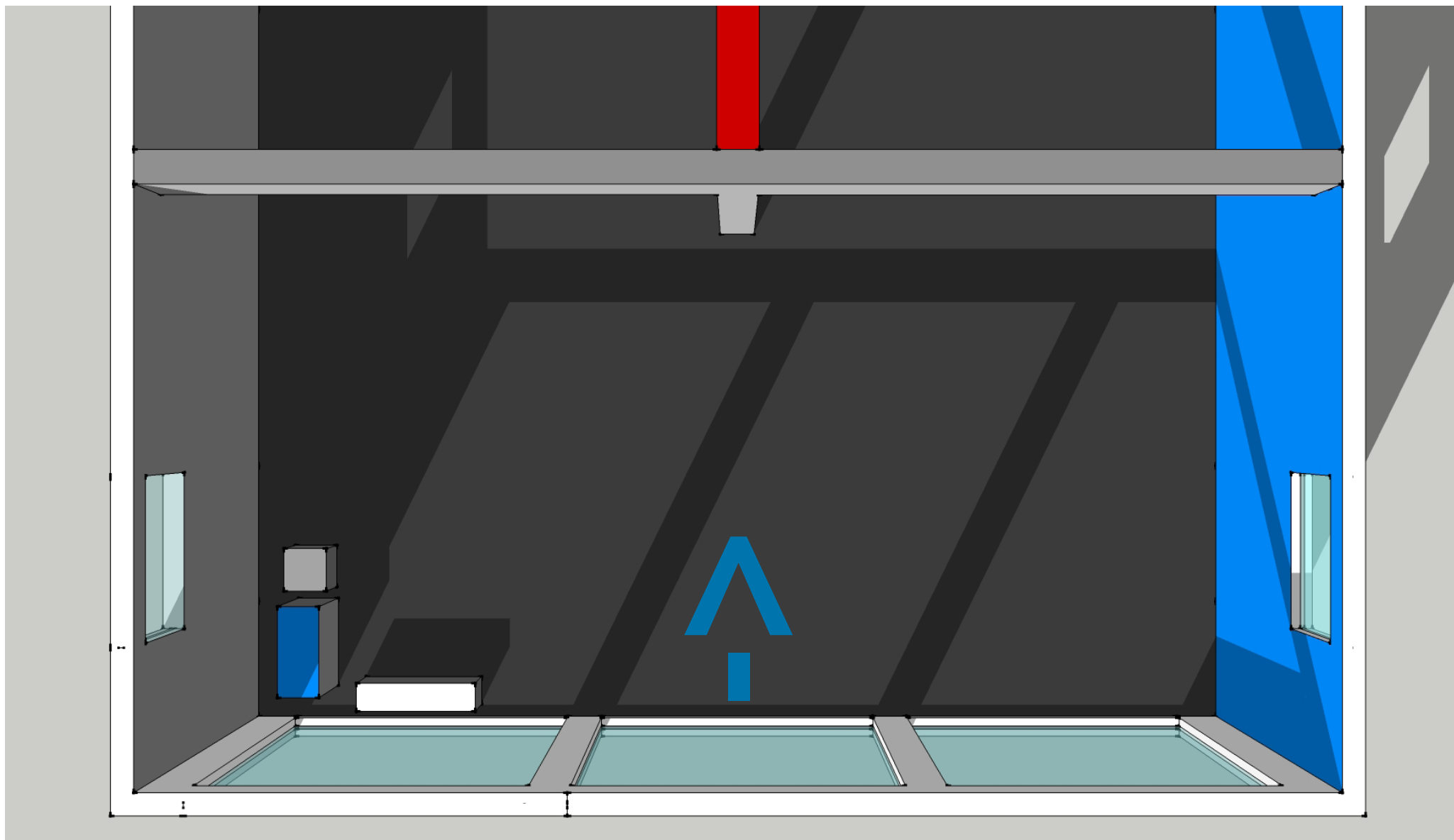
CrossFit Gallarate_via Campi 3

CrossFit® Gallarate

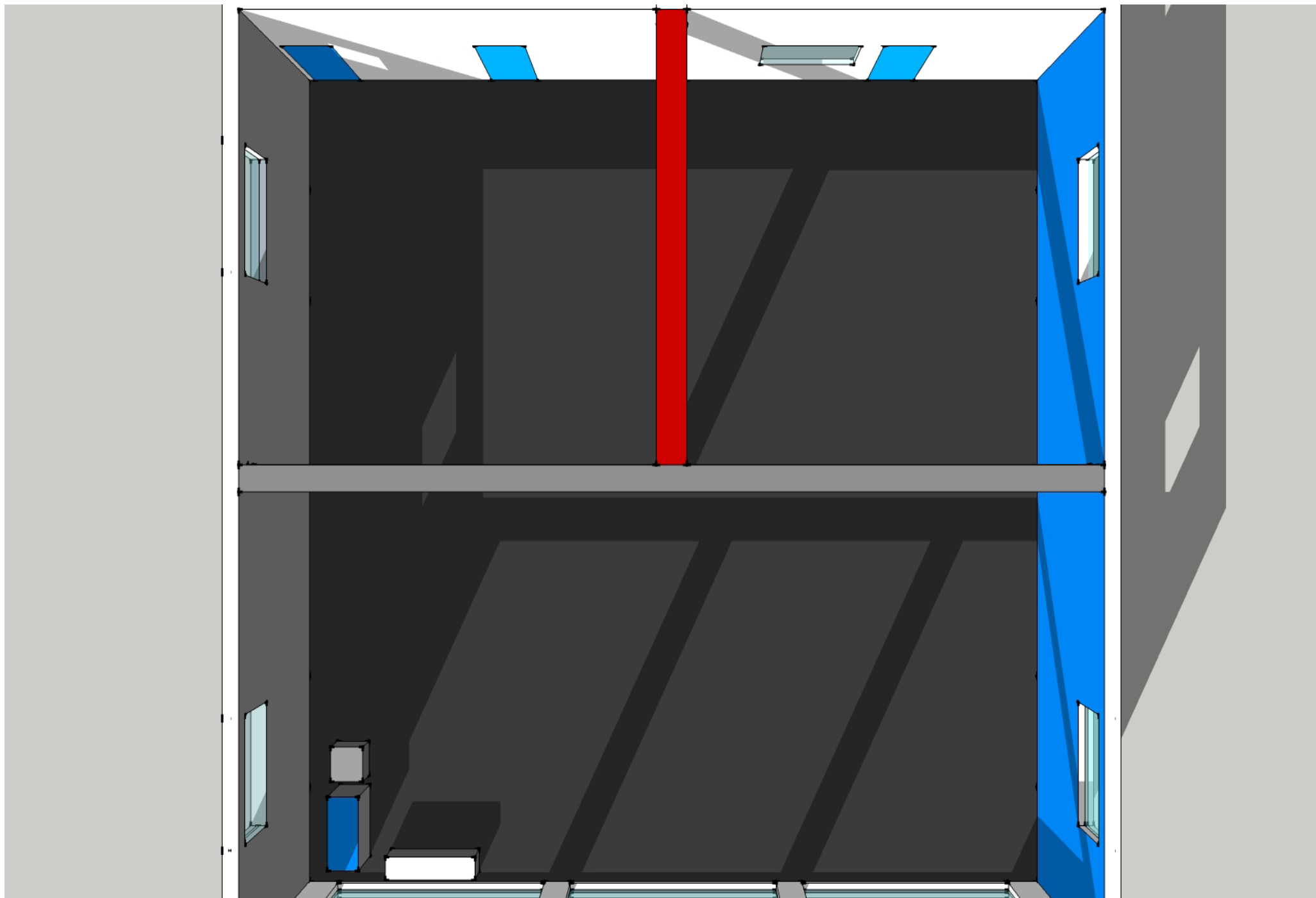


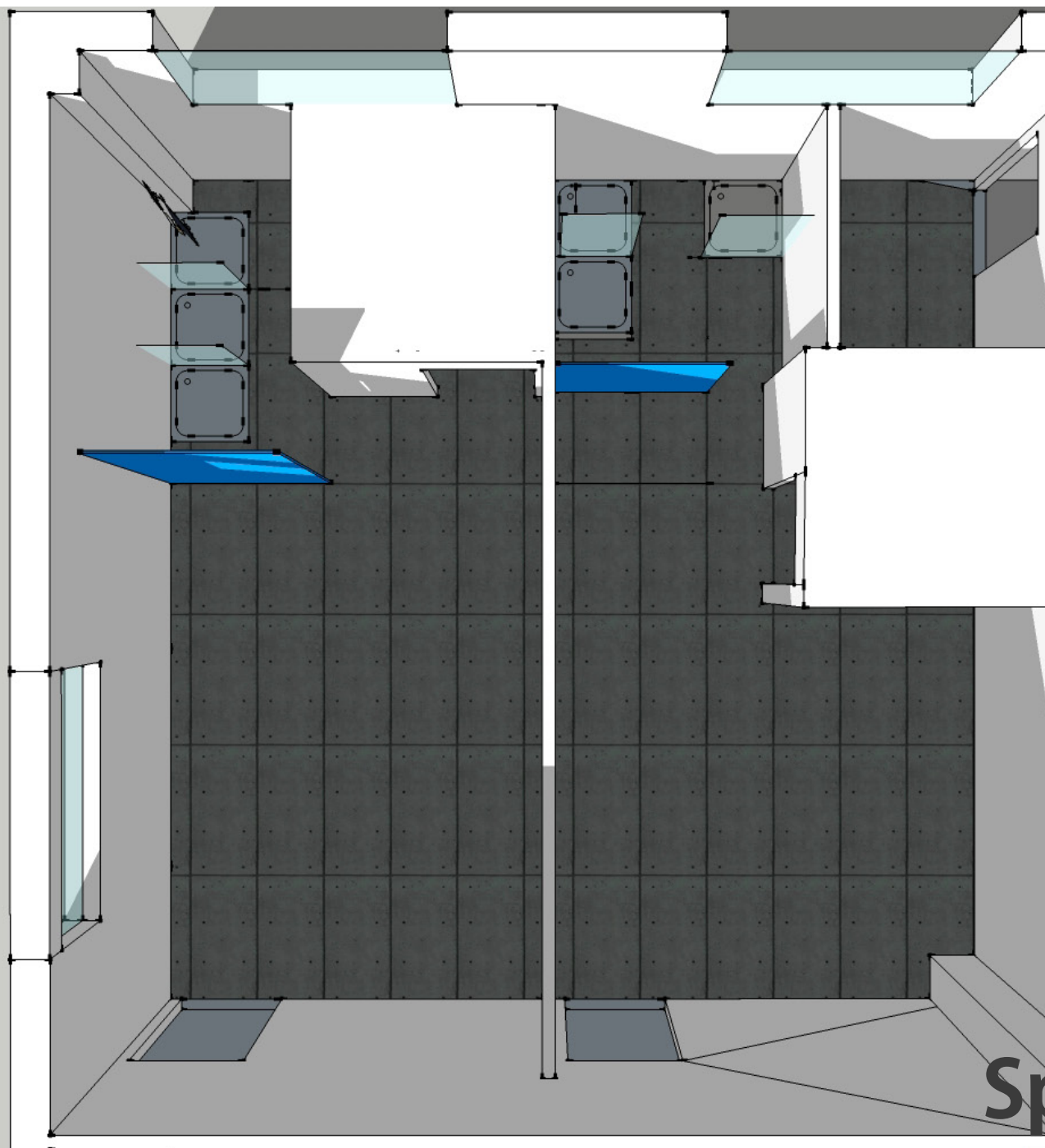
CrossFit



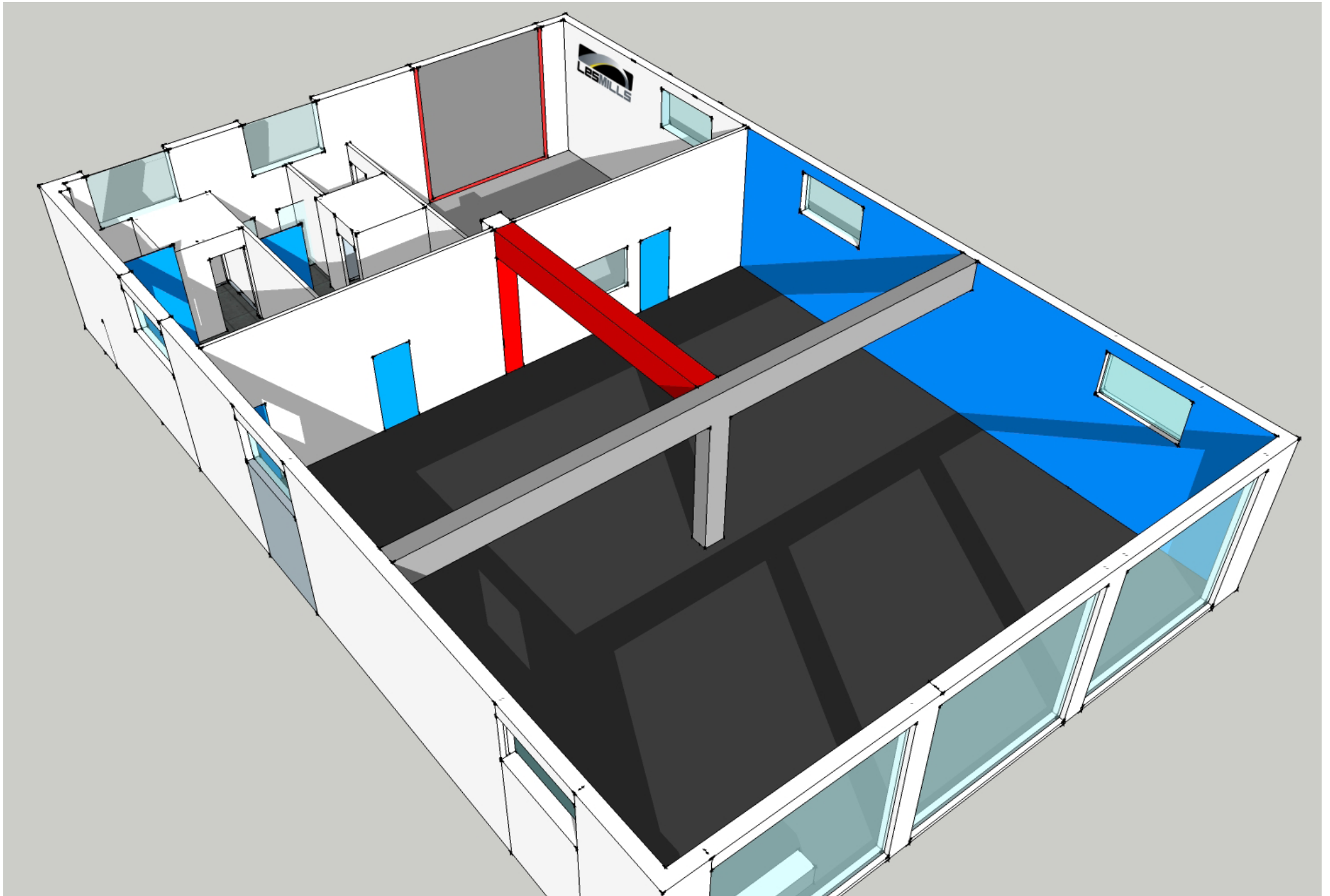


Parcheggio esterno 





Spogliatoi





A CFGA tutti saranno coinvolti nello stesso workout di allenamento, con intensità scalate a seconda delle abilità di ognuno!
Il CF prevede movimenti funzionali ad alta intensità costantemente variati, che ti aiuteranno a migliorare la tua forma fisica ed il tuo stile di vita, attraverso esercizi a corpo libero o con attrezzature sviluppando 10 abilità:

**RESISTENZA CARDIO VASCOLARE FORZA FLESSIBILITA' POTENZA VELOCITA' COORDINAZIONE_
AGILITA' EQUILIBRIO PRECISIONE STAMINA**

ORARI CLASSI

CrossFit®
FORGING ELITE FITNESS

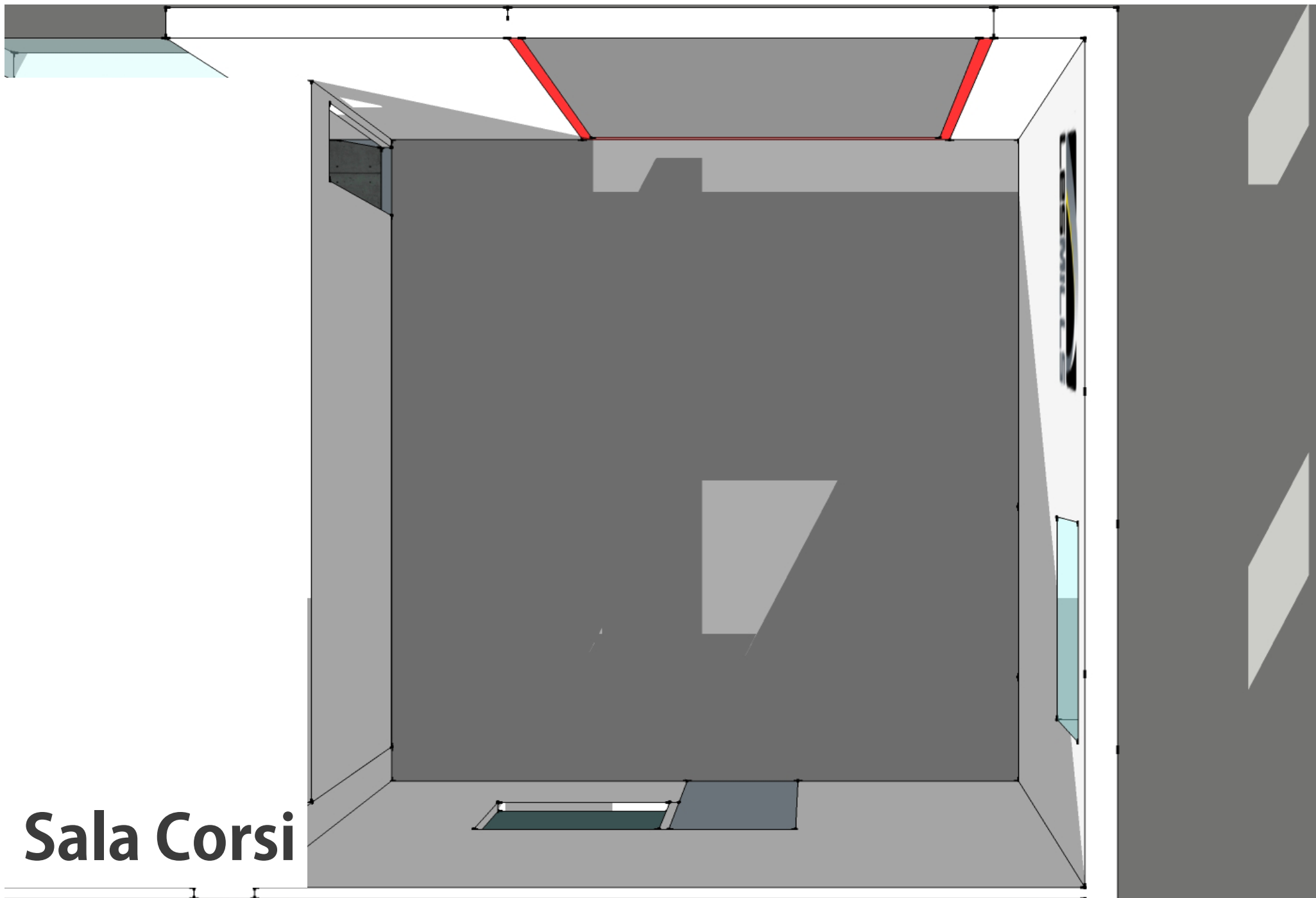
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30/8:30	WOD		WOD		WOD		
10:00/11:00							FREE TRIAL
11:00/12:00						WOD	WOD
12:00/13:00						ON RAMP	
13:00/14:00	WOD	WOD	WOD	WOD	WOD		
18:00/19:00	FREE TRIAL		ON RAMP				
19:00/20:00	WOD	WOD	WOD	WOD	WOD		
20:00/21:00	WOD	WOD	WOD	WOD	WOD		

***WOD (WORKOUT OF THE DAY): ALLENAMENTO QUOTIDIANO DI GRUPPO**

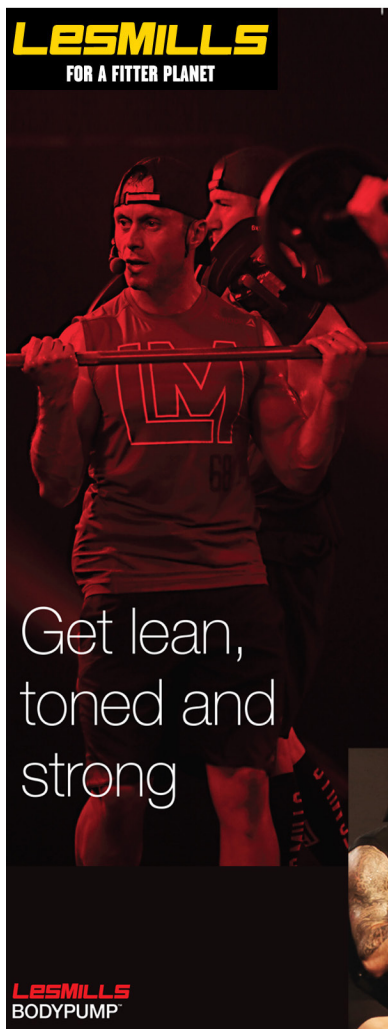
***FREE TRIAL: PROVA GRATUITA**

***ON RAMP: PROGRAMMA UTILE PER APPRENDERE I MOVIMENTI E LE TECNICHE FONDAMENTALI DEL CROSSFIT**

TUTTI I GIORNI OPEN GYM NEGLI ORARI LIBERI DAI WOD



Sala Corsi



WHAT IS BODYPUMP™?



BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit.

Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights.

The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

Instructors will show you all the moves and techniques to make your first class safe and fun.

BENEFITS OF BODYPUMP™

- Shape and tone your body
- Improve bone health
- Improve your core strength

JUST GETTING STARTED?

You can adjust a BODYPUMP™ workout to your current fitness level:

- Start with light weights or even just a bar
- Build up from four or five tracks to a full class



Find out more:
lesmills.com/bodypump
facebook.com/bodypump

WHAT IS CXWORX™?



CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

All moves in CXWORX™ have options, so it's challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. We also include hip, butt and lower back exercises.

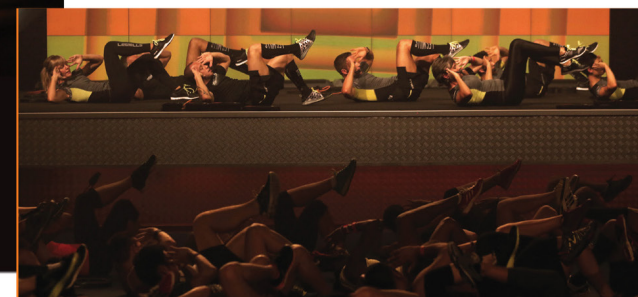
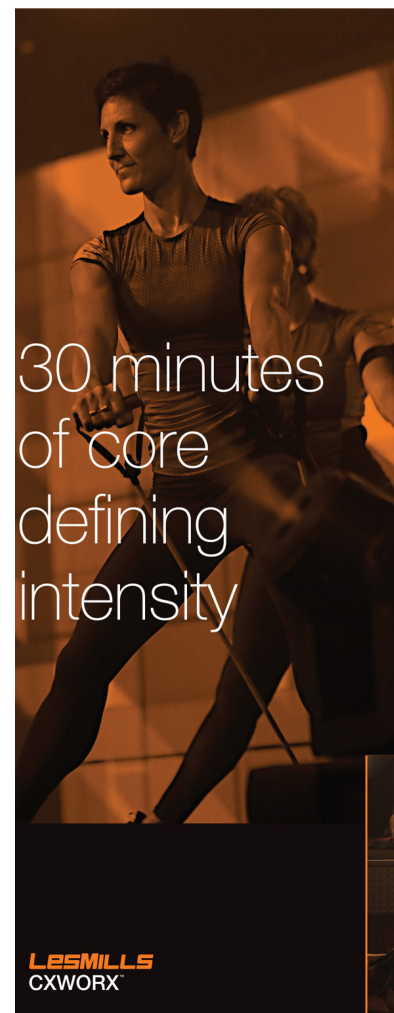
Every CXWORX™ class emphasizes great technique and awareness so you learn about your body and make it stronger.

BENEFITS OF CXWORX™

- Stronger core in just 30 minutes
- Learn how to activate the muscles responsible for optimal core control

JUST GETTING STARTED?

Listen for the options instructors give so you can adjust the workout to your own fitness level.



Find out more:
lesmills.com/cxworx
facebook.com/cxworx



WHAT IS BODYBALANCE™?



BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.

Bending and stretching through safe and simple yoga moves, a BODYBALANCE™ class blends elements of Tai Chi and Pilates to strengthen your entire body. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

If you haven't tried yoga before then BODYBALANCE™ is a great introduction that complements all other forms of exercise. The variety in a BODYBALANCE™ class also makes it appealing to people already doing some form of yoga.

A BODYBALANCE™ class will leave your mind and body feeling calm and centered. Happy.

BENEFITS OF BODYBALANCE™

- Improve strength and flexibility
- Physical and mental benefits
- Leave feeling serene and relaxed

JUST GETTING STARTED?

Instructors will show you appropriate options to adjust a BODYBALANCE™ class to your current level.



Find out more:

lesmills.com/bodybalance
facebook.com/bodybalance

ORARI CLASSI

LES MILLS
FOR A FITTER PLANET

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30	 LES MILLS BODYBALANCE 60'		 LES MILLS CXWORX 60'				
10:30		 LES MILLS BODYPUMP 45'		TOTAL TONE 45'			
13:00	 LES MILLS BODYPUMP 45'	 ZUMBA 45'	 LES MILLS BODYBALANCE 45'	 LES MILLS CXWORX 30'	 LES MILLS BODYPUMP 45'		
14:30			TOTAL TONE 45'		TOTAL TONE 45'		
18:30			 LES MILLS BODYPUMP 60'		FIGHT CLASS 45'		
18:45	 LES MILLS CXWORX 30'			TOTAL TONE 45'			
19:00		TOTAL TONE 45'			 LES MILLS CXWORX 30'		
19:15	 LES MILLS BODYPUMP 60'						
19:30			 ZUMBA 60'	 LES MILLS BODYPUMP 45'			
19:45		PILATES 45'					
20:15	 LES MILLS BODYBALANCE 60'			 ZUMBA 45'			
20:30							

**ORARI DAL 1° DI SETTEMBRE:
DA LUNEDI' A VENERDI' 9,30/22
IL PLANING POTREBBE SUBIRE DELLE VARIAZIONI**

OPENING



FROM MONDAY TO FRIDAY

7.30 AM 10.00 PM

SATURDAY SUNDAY

9.00 AM 2.00 PM

LES MILLS
FOR A FITTER PLANET

CrossFit®
FORGING ELITE FITNESS

PRICE



LIST	CORSI	CF OPEN
ANNUALE	360€	660€
SEMESTRALE	270€	420€
CARNET 20*	200€	200€
MENSILE	50€	80€
GIORNALIERO	12€	12€
ON RAMP		90€

* VALIDITA' 12 WEEKS



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