

JOIN CROSS FIT YORKVILLE TO LEARN THE BASICS AND HOW TO SUCCEED

— Sandy Conrad
sconrad@fvshopper.com

The Yorkville Cross Fit location at 210 Commercial Drive, Unit A (630/742-3675) provides instruction on learning the basics and how to execute lifts and movements safely and effectively.

Coaches will modify personalized workouts after an initial assessment of fitness level. Skill work, lifting and proper technique is always under the direct supervision of a trainer. Ordinary people can perform extraordinary workouts in a welcoming environment. Classes are flexible and scheduled weekdays early or late mornings and evenings and on weekends. Open Gym is available seven days a week at 8 AM. No long term contract is required and month to month payment is available. Certain classes include supervision of children; ask for details to best suit your class schedule.

Sign up online for classes. A one hour notice for cancellation is requested. Certain classes may be closed due to prior enrollment.

Yorkville CrossFit Kids welcomes children. It is a method for teaching those ages three to 18. Based on principles of mechanics, consistency and intensity, it emphasizes good movement. Exercise is beneficial to cognitive function so the program can positively impact a child's academic achievement. Its emphasis is on having fun so kids want to participate which ensures that a love of fitness will endure throughout their lives to adulthood. The program is suitable for any age or fitness level and does not require a lot of complicated equipment. When properly supervised, weight lifting is safe for kids. Light weight is generally introduced around age 10. Instruction is given regarding the health benefits of fitness and good nutrition. Yorkville CrossFit strives to be a place where kids are happy and display positive attitudes. All children are required to complete the Kids Foundations class at 4 PM – Monday, Wednesday and Friday by appointment to learn the basics. Little CrossFit Kids for those ages 5 – 8 meets 4:30 PM Tuesdays and Thursdays; CrossFit Kids for ages 9-15 meets 5:30 PM Monday, Wednesday, and Friday.

There are several membership options for adults, including 12 and 4 week programs. The 12 week program is perfect for the intermediate CrossFitter, competitor or anyone who wants extra focused work if the one hour class is not sufficient. There are fees for 12, 6 or Single one hour sessions as well.



Nutrition Guidance offers 12 and 6 week programs; coaches will help fuel the body for performance, weight loss and quality of life; classes include weekly check-ins, accountability and help necessary to achieve individual goals.

Note that Yorkville CrossFit provides links for videos on movements including squats, presses, lifts, Olympic lifting, gymnastics and many other movements, all of which can be extremely helpful and informative.

Take advantage of everything this program offers for all members of the family.

