



Open Gym time for Current CrossFit Winnipeg Members

CrossFit Winnipeg is now offering the option of Open Gym times for our members. This is not something that is typically offered at most CrossFit Gyms and as such, we will be first introducing Open Gym on a trial basis and see how well it goes. If we see that we need to change any of the rules below we will notify all members signed up for Open Gym. We ask that you please read, understand, respect, and follow our rules below for open gym.

The main purpose of Open Gym is to provide members with dedicated times where they can work on their technique and practice skills at their own pace. We strongly believe that attending coached classes provides athletes with better, faster results, and our group programming is planned to ensure your success, however, we will now offer the added convenience of working at your own pace. Open Gym hours are NOT for completing your own custom-made workouts. With over a hundred classes a week, there is ample opportunity for everyone to get in their WODs. Most of us do not need to WOD more, we need to continue to work on skills and address our individual weaknesses.

These classes are directed toward those Crossfit Winnipeg members who:

- Have been given individualized programming suited to their specific goals
- Would like to come in for a skills only session such as gymnastics or Olympic weightlifting.
- Would like to come in for an individual mobility session outside of pre and post workout work.
- Would like to do individual strength work.
- Would like to make up a workout they have missed from the group programming.

Open Gym Details

Open Gym Time Slots :

Monday to Friday:

7:30AM to 9:00AM in On Ramp Room

1:00PM to 3:00PM in Main Gym

8:00PM to 9:00PM in On Ramp Room (except Fridays, 7:00PM to 8:00PM)

Saturday:

7:00AM to 8:30AM in On Ramp Room

8:30AM to 10:00AM in On Ramp Room

12:00PM to 1:30PM in On Ramp Room

Sunday:

9:00AM to 10:30AM in On Ramp Room

10:30AM to 12:00PM in On Ramp Room

12:00PM to 1:30PM in On Ramp Room



Pricing :

For members with current unlimited CrossFit memberships : *\$25 per month unlimited*
For 8x and 13x per month CrossFit memberships : *99\$ for a 10-class pass*

Note:

- Open Gym sessions do not count towards your total monthly classes
- 10-Pass is good for 6 months from date of purchase

How to get started with Open Gym :

1. You must have a current, active, Crossfit Winnipeg membership and have attended classes regularly for at least 6 months.
2. You must email info@crossfitwinnipeg.com to declare your interest in attending Open Gym. In your email, please indicate how you will be using your Open Gym time, including training goals and the program you plan to follow. If you have goals but are not sure about exact programming, we can help, so just let us know.
3. We will review your request to ensure that you have received adequate training to partake in Open Gym in a safe manner.
4. Once cleared, you will be able to purchase an Open Gym add-on membership or a 10-class pass.

Open Gym Policies

1. Open Gym times will be limited to times listed above so plan accordingly, as unauthorized workouts of any kind are not permitted in the main gym or On Ramp room while classes are running. Some times are omitted from the open gym schedule due to busy times when we typically have multiple classes going on at once. We ask that you stick to the schedule that is set here for Open Gym. We will consider expanding these times should the need arise.
2. Open Gym times will not be coached and are not supervised though there will be CFW staff on site. If you choose to train at these times, you accept responsibility for your own training and safety. Please do not come in and ask the staff for suggestions on what to work on, come prepared with the training plan you submitted.
3. The duration of the Open Gym times range from 1 to 2 hours. Please arrive with ample time to complete your training session before the end of the time slot. You may not sign up for 1-3pm open gym and arrive at 2:50pm expecting to run your training for an hour. You must have your equipment cleaned up by the time your time slot ends.
4. You must sign up for Open Gym on Zen Planner in the same way you register for group classes. If you will be arriving in the middle of a longer time slot, please sign up for the slot that includes the time at which you expect to arrive and start training.
5. You must check in with reception to mark your attendance. When no reception is present, write your name on the sign-up sheet in the On Ramp room so we can record your attendance.
6. If there is a Group Class going on during your session, that class takes precedence over what you may be doing. Please stay out of the way of the class and ensure that you are not utilizing equipment that is needed for the class.
7. Clean up after yourself, period. If you leave bars, bumpers, kettlebells, or any kind of mess out, and it becomes a trend. You will no longer be able to attend open gym.
8. These rules are subject to change if we notice other possible issues with open gym.