



FEES

First Consecutive Week: FREE

Daily Drop-In: \$10*

10 Class Punchcard: \$100*

Individual CrossFit: \$40/month*

Couple CrossFit: \$50/month*

*YMCA membership or daily fees are also required.

WHY CROSSFIT?

Offered by Trinity Health Exercise Physiology, CrossFit is defined as highly variable, functional movement exercises performed at high intensity. Put simply, it's a style of workout that is designed to make you stronger, healthier, and happier.

With any CrossFit class you are getting an all-inclusive form of exercise that is designed to test your physical abilities. Strength, balance, flexibility, accuracy, and stamina are just a few of the skills we aim to improve

Our staff consists of highly trained and professionally certified trainers. With a variety of disciplines and over 60 years of combined experience, we can help you achieve all of your wellness goals!

Not only do you get to work with professional personal trainers during every workout, you will be taught functional movements like Olympic lifting, gymnastics, and other exercises designed to make your daily activities easier.

When you come to CrossFit, you will never know what to expect, but rest assured that you'll leave healthier and stronger!

FACILITY HOURS

REGULAR HOURS

Labor Day to Memorial Day

M-F 4AM-12AM

SAT 6AM-10PM

SUN 6AM-9PM

COVID-19 HOURS

In effect until further notice

M-F 5AM-11PM

SAT 6AM-9PM

SUN 6AM-9PM

2020 HOLIDAY HOURS

NEW YEARS DAY - JAN 1

10AM-4PM

EASTER - APR 12

CLOSED

MEMORIAL DAY - MAY 25

7AM-12PM

INDEPENDENCE DAY - JUL 4

CLOSED

LABOR DAY - SEP 7

7AM-12PM

THANKSGIVING - NOV 26

7AM-12PM

CHRISTMAS EVE - DEC 24

4AM-1PM

CHRISTMAS DAY - DEC 25

CLOSED

NEW YEARS EVE - DEC 31

6AM-6PM

WEATHER & EMERGENCY UPDATES

Follow us on Facebook, Instagram, or Twitter, or visit our website to receive notices for inclement weather cancellations, schedule updates, and emergencies.



STAY CONNECTED WITH US

Find what moves you! For daily schedules, cancellations, facility notifications, & more, download our DAXKO APP onto your smart phone!



MINOT FAMILY YMCA

3515 16th St SW

Minot, North Dakota 58701

701.852.0141 | ymcaminot.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUSH YOURSELF

NORTH PLAINS CROSSFIT

TRINITY HEALTH & MINOT FAMILY YMCA



YMCAMINOT.ORG |





CROSSFIT SCHEDULE

EFFECTIVE DATE 9/1/2020

MONDAY

6:00-7:00AM
CROSSFIT \$
CB - Mod/High

9:15-10:15AM
CROSSFIT \$
CB - Mod/High

11:00-12:00PM
CROSSFIT \$
CB - Mod/High

12:00-1:00PM
CROSSFIT \$
CB - Mod/High

1:00-2:00PM
CROSSFIT \$
PARTICIPANT LED
CB - Mod/High

5:30-6:30PM
CROSSFIT \$
CB - Mod/High

TUESDAY

6:00-7:00AM
CROSSFIT \$
CB - Mod/High

9:15-10:15AM
CROSSFIT \$
CB - Mod/High

11:00-12:00PM
CROSSFIT \$
CB - Mod/High

12:00-1:00PM
CROSSFIT \$
CB - Mod/High

1:00-2:00PM
CROSSFIT \$
PARTICIPANT LED
CB - Mod/High

5:30-6:30PM
CROSSFIT \$
CB - Mod/High

WEDNESDAY

6:00-7:00AM
CROSSFIT \$
CB - Mod/High

9:15-10:15AM
CROSSFIT \$
CB - Mod/High

11:00-12:00PM
CROSSFIT \$
CB - Mod/High

12:00-1:00PM
CROSSFIT \$
CB - Mod/High

1:00-2:00PM
CROSSFIT \$
PARTICIPANT LED
CB - Mod/High

5:30-6:30PM
CROSSFIT \$
CB - Mod/High

THURSDAY

6:00-7:00AM
CROSSFIT \$
CB - Mod/High

9:15-10:15AM
CROSSFIT \$
CB - Mod/High

11:00-12:00PM
CROSSFIT \$
CB - Mod/High

12:00-1:00PM
CROSSFIT \$
CB - Mod/High

1:00-2:00PM
CROSSFIT \$
PARTICIPANT LED
CB - Mod/High

5:30-6:30PM
CROSSFIT \$
CB - Mod/High

FRIDAY

6:00-7:00AM
CROSSFIT \$
CB - Mod/High

9:15-10:15AM
CROSSFIT \$
CB - Mod/High

11:00-12:00PM
CROSSFIT \$
CB - Mod/High

12:00-1:00PM
CROSSFIT \$
CB - Mod/High

1:00-2:00PM
CROSSFIT \$
PARTICIPANT LED
CB - Mod/High

5:30-6:30PM
CROSSFIT \$
CB - Mod/High

SATURDAY

9:30-11:00AM
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LE
C
M
HIGH High Intensity
\$ Registration Required

CROSSFIT BOX GUIDELINES

When there is not a CrossFit class scheduled, the room is open to Y members and guests to use.

The door must remain open at all times when a CrossFit class or event is not scheduled.

If CrossFit is being held in the pool, the Box is considered open during the scheduled class time.

Please do not remove any equipment from the CrossFit Box or bring any equipment from other rooms into the Training Center into the CrossFit Box.

The CrossFit Box speaker is allowed only during the CrossFit class times listed above.

The Training Center Guidelines also apply to the CrossFit Box, these policies are posted in both the East and West Training Center.

