



Degree Fitness
Intramural
Open
Member FAQ Book

Welcome to your Degree Fitness annual Intramural Open!



The Intramural Open is a fun, 4 week Member event that we host at Degree ever year.

The Open is a time to have fun with your fellow gym Family, gain points for your Team, and have fun with your fitness!

This eBook contains all you need to know about reserving your classes, how the Teams work, and how we organize the final event for the Intramural Open Season.

Have fun and see you in class!

How does the class schedule work?

The workouts are released from CrossFit HQ on Thursday afternoons where you will reserve your class to complete your Open workout either at any of the Group Training Friday class times, or, Saturday Group Training class.

****Members are able to complete the workout on one day or the other; *not both*.**

This is for your safety, and to ensure we avoid overtraining, which can lead to increases in overall soreness and/or injury.

Classes will run on the following schedule for Fridays/Saturdays for the duration of the Open:
Friday: 530am/630am/530pm (Friday Night Lights)
Saturday: 8am

****Wellness Coaching will complete their workout at their regular class time**

****PT Clients will/can complete their workout with their Coach**

Regular Group Training Drop In rates apply if wanting to use an additional class time to complete your workout separate from your regular membership.

What are Thursday WOD Facebook Lives?

Thursday afternoon, once the workout has been announced, your Coaches will hop on Live in the [Degree Family Facebook Group](#) to tell you all about the workout! This will include:

What the workout Is

The different scaling options available to you

Different strategies you may use for your workout

A demo of certain movements

... And more!

Not in the Facebook Group?

No Sweat!

Your Coach during your classes will guide you, and make sure you have the best experience/class possible!



What are the Teams for? Do I need to buy a shirt?

To make the Open even more fun and make sure everyone is a part of something awesome, we create fun Teams!

Don't worry, you don't have to do anything in particular to be on a Team, and we'll create them for you.

Each Team Member can earn points for their Team each week (ie. complete a workout) where at the end we add them all up for bragging rights and your team name on the Intramural Open Trophy in the lounge at the gym!

You do not need to purchase a shirt if you don't want to; they are an added bonus to create even more fun and involvement with our gym Family!

Many members who purchase them each year use them as a regular gym shirt, too!

What if I want to repeat a workout? What if I miss the Group workout?

If you want to repeat an Open Workout, or, want to complete it 1-1 with a Coach, please book a 30 or 60 minute Personal Training Appointment with one of our Coaches.



I'm worried I won't be able to complete the workout - what do I do?!

Just like all of your workouts at Degree, your Coach will help you make whatever the workout is work for YOU! That means offering different movements that work better for you so you still get a great workout.

What matters most is you are here doing your best and showing up.

We've got your back!

What is Friday Night Lights?

Friday Night Lights is held during the Friday afternoons for you to come and cheer your friends on!

Reserve your space as normal in your ZenPlanner app, and show up to complete your workout!

Invite your friends and family to come and cheer you on, and show them all your hard work that you put in.

****Friends/Family/Kids coming to cheer are asked to stay off of the gym floor when workouts are happening for their safety. As well, any dogs must be leashed at all times.****



Classes on Friday Nights start at 530pm and run until 630/7pm, depending on the amount of people completing their workout.

You must show up on time just like a regular class to ensure you get an appropriate warm up.

Charity WOD & Celebration

Each year we host a final Workout/Event to raise funds for a particular organization.

This event is free, and not part of your membership. Members are encouraged to take part to celebrate not only the completion of the Open Season, but also help to build our community up and support those that need our help!

We also announce the Intramural Open Champs, and hand out recognition prizes.

Food & drinks are available as well so feel free to bring friends and family to hang out and celebrate with us!

Details for this event will be sent out closer to the date



See you there!

Every year, our Members (you!) accomplish amazing feats of strength, stamina, bravery and dedication.

It is a time where we get to have a rep counter, a personal cheerleader, and a chance to have even MORE fun at Degree!

If you have questions, please don't hesitate to reach out to your Events Manager extraordinaire, Sarah, at sarah@degreefitnessseaforth.com, or, ask any of your Coaches!