



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEAST MODE FAQs

What is Beast Mode?

Beast Mode is a training for life. Whether it is Olympic lifting, functional movements, obstacle course preparation or gymnastics, our coaches are highly trained in a variety of skills to improve your strength, movements and mobility.

Who should attend Beast Mode?

Everyone! While Beast Mode is not your average group exercise class, all skill levels are welcome to attend as all workouts and movements are scalable.

Why do I have to take On Ramp classes?

We take the safety of our participants very seriously and therefore require all participants of Beast Mode to attend our On Ramp course. During the course, you will be exposed to the standard of movements under the guidance of a qualified coach. This is your opportunity to learn in a small group environment. Ask questions and practice, practice, practice.

Where is Beast Mode held?

Beast Mode class is held on the Functional Training Court across the street from the YMCA main entrance. We converted an underused tennis court and adapted the space to accommodate our training equipment. Members have full access to all of the amenities the Jeep Rogers Family YMCA offers, and are encouraged to participate in a variety of activities.

How should I prepare for my first Beast Mode class?

Come with an open mind. Beast Mode is a different experience than you may have had at the YMCA so far. We are outside all year long, so dress appropriately for the weather. Although there will be water available, don't forget your water bottle! Weightlifting gloves and straps, personal jump rope, knee sleeves, appropriate shoes are not necessary, but you are encouraged to bring along whatever you might need based on the workout.

BEAST MODE EXPECTATIONS

1. Arrive early and stay late. Cheer, clap, and encourage others. Anything less is cheating yourself of the experience, and to rob others of the gift of your presence and support as part of the community. Besides, if you're late, it's 10 burpees per minute.
2. Accidents and injuries happen and usually come as a result of impatience. Don't be greedy. Slow down. Ask questions and ask for help, that is what the coaches are here for.
3. Check your ego at the door!
4. EMPTY barbells were not designed to be dropped (neither were dumbbells or kettlebells). We don't want our toys, our rubber flooring, you, or someone else broken unnecessarily.
5. Chalk is useful, even necessary. It is also messy. Use as much as you need, but keep the excess inside the chalk bucket, please.
6. Clean up and put away all equipment after each workout, but only after everyone has finished. Our fellow athletes need our support and encouragement during this time.
7. Grunting, screaming, and otherwise making noise are all welcome and encouraged during a workout. There is such a thing as gentle, quiet strength, although most of us haven't mastered that yet. Also remember that there can be such a thing as too loud, whiny, crass, gross, or rude – please be respectful, and remember that kids are probably present.
8. Wear clothing that keeps your private areas private. We know that you've worked hard for that amazing physique, but this is not the place to show it. We want to be courteous to all members and more so our children.
9. Always greet new participants. You probably remember your first time attending a Beast Mode class. Let's make everyone's first class a positive one. Try to avoid the clique trap!
10. Please refrain from using electronic devices, setting up for your workout, holding personal conversations, etc. while coaches are coaching. It's not only rude and disrespectful, but you could be missing out on information that could lead to your next PR!
11. Have FUN and enjoy your community and the experience.