



Upcoming CSC Events

IN SUPPORT OF SOCIAL DISTANCING, ALL EVENTS WILL BE HELD VIRTUALLY

Sunday, April 12 at 7 p.m.- Yoga with Judy

Join us on Canandaigua Crossfit's Facebook page: click [HERE](#)

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Sunday, April 12 at 8 p.m.- Meditation with Vanessa

Join us on our Facebook page: click [HERE](#)

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Monday, April 13 at 5 p.m.- Functional Fitness with Judy

This class is for every fitness level and incorporates body weight and cardio for an amazing workout.

Join us on our Facebook page: click [HERE](#)

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Tuesday, April 14 at 7 p.m.- Managing our Anxiety with Renae

Join us for a virtual chat. It is comforting to talk about what is going on and know that we are not alone with our feelings. You don't have to share, you can just listen and be still.

Join us via Zoom: click [HERE](#)

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Wednesday, April 15 at 7 p.m.- Navigating the New Normal with Erin

How are you coping daily? What are some techniques that can help make things at home more tolerable? Do you want to share? You can also just come and listen.... Join us.

Join us via Zoom: click [HERE](#)

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Thursday, April 16 at 7 p.m.- Yoga with Judy

Join us on Canandaigua Crossfit's Facebook page: click [HERE](#)