

# 2017/18 CrossFit Memberships

We offer unlimited access to our CrossFit program! All prices include HST.

Duration	Paid In Full (Visa, MasterCard, Debit or Cash)	Monthly (Pre-Authorized Payment)
12 Months	\$864.00	\$80.00
6 Months	\$513.00	\$90.00
3 Months	\$300.00	
1 Month	\$110.00	

## Family

Each additional family member receives a 10% discount on all memberships. Must be from same household.

## Hours of Operation

Day	Morning	Afternoon
Monday	8:00 - 12:00	3:30 - 9:00
Tuesday		3:30 - 9:00
Wednesday	8:00 - 12:00	3:30 - 9:00
Thursday		3:30 - 9:00
Friday	8:00 - 12:00	3:30 - 8:00
Saturday	9:00 - 1:00	



# Transformation Packages

Maximize your CrossFit experience with nutrition coaching, personal training or both!

Personal Training	Nutrition Coaching	The Complete Transformation
<p>Our personal training includes a strength workout and a customized CrossFit workout designed to meet your specific fitness goals.</p> <p><b>Single Session</b> \$38.00</p> <p><b>6 Sessions</b> \$210.00</p> <p><b>10 Sessions</b> \$300.00</p> <p>All sessions are 30 minutes.</p>	<p>Maximize your CrossFit results with proper nutrition. Learn how to fuel your body so that you lose weight, gain muscle and feel great.</p> <p><b>4 Week Diet Tune-Up</b> You already have a sound nutrition foundation, but you lose focus. This option is the perfect solution if you need a little help making healthy choices.</p> <p>\$320.00</p> <p><b>3 Month Health Makeover</b> Learn how to eat healthy, lose weight and reduce the effects of lifestyle illnesses like diabetes, heart disease, high cholesterol and more.</p> <p>\$490.00</p>	<p><b>Our best value!</b></p> <p>This package is all about accountability. Get the results you want with nutrition coaching, personal training and access to our CrossFit program. This package includes:</p> <ul style="list-style-type: none"> <li>• 3 Month Health Makeover</li> <li>• 12 30-minute personal training sessions</li> <li>• 3 month CrossFit membership</li> </ul> <p>\$1030.00</p> <p>You save over \$120!</p>

## Contact Us:

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