

# 2018-2019 CrossFit Memberships

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Our goal is to take the guesswork out of fitness. That's why we make getting started at Premier Martial Arts/Grand River CrossFit easy. Follow these three simple steps!

## Step 1

### "No Sweat" Introductory Session

Find out first-hand what our CrossFit program is all about. In this introductory session we will:

- Give you a guided tour of our facility
- Introduce you to our members
- Explain how our program will help you achieve your goals
- Guide you through a beginner-friendly CrossFit workout.

**FREE**

## Step 2

### 30 Day On-Ramp Program

We understand that CrossFit is intimidating. And while we can reassure you that no one starts CrossFit as a pro, you need to experience this for yourself. That's why your next step is our 30 Day On-Ramp program. This program includes:

- 5 one-one-one 30 minute personal training sessions customized to your current fitness level
- 1 Nutrition consultation designed to get you on track with your diet
- Unlimited access to our CrossFit program, after you've completed your 5 personal training sessions.
- Workout notebook and Premier Martial Arts/Grand River CrossFit's exclusive Essential Skills guide

**\$245**

## Step 3

### Commit to your fitness!

Our extended memberships offer unlimited CrossFit. You're ready!

| <b>Duration</b> | <b>Paid In Full</b><br>(Visa, MasterCard, Debit or Cash) | <b>Monthly</b><br>(Pre-Authorized Payment) |
|-----------------|--|--|
| 1 Year          | \$900  | \$85                                       |
| 6 Months        | \$530  | \$95                                       |
| 3 Months        | \$315  | *Family receives 10% discount!             |
| 1 Month         | \$120  |  |

## Step 4

### Achieve Incredible Results

These extras will blast you beyond your goals!

| <b>Personal Training</b>  | <b>Nutrition Coaching</b>   | <b>The Complete Transformation</b>  |
|---|---|---|
| <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</p> <p><b>6 Sessions</b> \$210</p> <p><b>10 Sessions</b> \$300</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><br/>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</p> <p><b>3 Month Health Makeover</b><br/>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</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</p> <p>You save over \$120!</p> |

### Contact Us:

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