

MEMBERSHIP OPTIONS

ALL CROSSFIT MEMBERSHIPS INCLUDE VISION GYM MEMBERSHIP

ONE YEAR MEMBERSHIP

15 OR 30 SESSION PER MONTH OPTIONS
ADULT, COMMUNITY, COLLEGE, ADD-ON, FAMILY PRICING

NO OBLIGATION MEMBERSHIP

15 OR 30 SESSION PER MONTH OPTIONS
ADULT, 18 + UNDER PRICING

SESSION PACKAGES

10 PACK MEMBER & NON-MEMBER, SINGLE SESSION PRICING

Sessions Expire 60 Days from purchase.

WITH COACH
RAY TRAITZ



AMRAP PROGRAMS

AMRAP KIDS | MOBILITY TRAINING | OBSTACLE COURSE
CORPORATE WELLNESS | 45 DAY CHALLENGE & NUTRITION
STRENGTH & CONDITIONING | METABOLIC HIIT TRAINING



SPRING AMRAP NEWS

WOUNDED WARRIOR WORKOUT : FRIDAY 5/31
10:30AM- 12:30PM

OBSTACLE COURSE - \$25 Class Fee *By Appointment Only*
Sign up with Coach Ray

AMRAP KIDS - Every Thursday at 5:30PM



*All Sales Final. Some Restrictions may apply. Pricing and Terms subject to change.

EFFECTIVE 5/1/19