



SOUTHERN COLUMBUS CROSSFIT



CrossFit Packages:

CrossFit On-Ramp: \$100 or \$135 (private sessions)

(Includes 10 CrossFit Classes teaching the Fundamentals of CrossFit. Athletes participate in regular classes, but complete a scaled version of the regular WOD Class)

One-on-One Private OnRamp Classes(3-4) can be set up as another option

3 Month Membership: \$140

-includes unlimited Workout of the Day (WOD's) and Open Gyms

-contracted for 3 payments

-membership is current until notified of cancellation; you are responsible for all 3 payments regardless of attendance

*Sign up first day of OnRamp and receive 25% OFF your CrossFit OnRamp Fee (\$25 Savings)

6 Month Membership: \$135

-includes unlimited Workout of the Day (WOD's) and Open Gyms

-contracted for 6 payments

-membership is current until notified of cancellation; you are responsible for all 6 payments regardless of attendance

*Sign up first day of OnRamp and receive 35% OFF your CrossFit OnRamp Fee (\$35 Savings)

12 Month Membership: \$130

-includes unlimited Workout of the Day (WOD's) and Open Gyms

-contracted for 12 payments

-membership is current until notified of cancellation; you are responsible for all 12 payments regardless of attendance

*Sign up first day of OnRamp and receive 45% OFF your CrossFit OnRamp Fee (\$45 Savings)

Police-Fire-Military: \$130

-Discounts offered to current or former Police, Fire, and Military personnel

Couples or Two Family Members:

-Train with your Significant other, Boy Friend, Girl Friend or Family member for **\$220/Month**

-add additional members for **\$50** more

Student Membership: \$105

-includes unlimited Workout of the Day (WOD's) and Open Gyms (must complete OnRamp Classes first)

-Must have a valid/current student ID

-membership is current until notified of cancellation (3, 6, or 12 Month Memberships)



Aren't sure about CrossFit yet?

Try 10 Classes to see if we can get you hooked.

10 Class Pass = **\$100**

10 Classes are Valid for 30-days from date of purchase

Drop-Ins: \$15

Drop-in for \$15 or purchase a T-Shirt and we'll waive that fee

Cancellation Policy:

*All contracted programs (3, 6, and 12 months) require a **\$50.00** Cancellation Fee if notification is given to Southern Columbus Cross Training, LLC within fourteen (14) days of next payment.*

*A **\$75.00** cancellation fee will be charged if less than fourteen days of notification is given.*

The KidFit Club:

The mission for KidFit Club is to provide a prominent quality of exercise and fitness oriented programs with a creative mindset that is appropriate for children of all ages.

(Program is currently On-Hold and Under Construction)

Personal Training Packages:

One-on-One Personal Training:

1 x Week: \$45/session = \$180/Month

2x Week: \$40/session = \$320/Month

3x Week: \$35/session = \$420/Month

**If participating in one of the CrossFit Class Programs, Personal Training Sessions are discounted.*

Olympic Lifting:

Want to improve on your Olympic Lifting?

Class focuses on the **Snatch and Clean & Jerk** and all other movements/skills to develop the athlete in Olympic Lifting. Class meets 3x week.

Unlimited Classes (monthly)

Individual: \$40

Couples: \$60

Drop Ins: \$15