

## What is CrossFit?

“Constantly Varied, Functional Movements executed at High Intensity to elicit an Increased Work Capacity across Broad Time and Modal Domains.”

## What does that mean?

It means, train to handle whatever life can throw at you! We believe that the training needs of Olympic athletes and weekend warriors differ by degree, not kind. Therefore, we scale load and intensity, but the program stays the same. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience, skill or fitness level. The program works for elite athletes, professional fighters, recreational sportspeople and mums! Train hard, train together and get results. The training is hard and uncompromising, but you will be in the best shape of your life. The group environment is competitive but friendly and we will push and encourage you to perform at your best.

## World Class Fitness

“Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: Deadlift, clean, squat, presses, clean and jerk, and snatch. Similarly, master the basics of gymnastics: pullups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits and holds. Bike, run, swim, row etc hard and fast. Five or six days a week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports.” Coach Glassman.

## What are the training times?

	Mon	Tue	Wed	Thur	Fri	Sat
6am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8am						CrossFit
9am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
12pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
4pm						CrossFit
5:45pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	

## How do I start?

Starting is really easy.

Step 1: Give me a call or send me an email to let me know you are interested.

Step 2: Arrange a time to do an Introductory Session at one of our group sessions.

Step 3: Fill out your Direct Debit form. Another option is to do a series of private sessions prior to joining the group. It really depends on your experience, level of conditioning and previous exposure to CrossFit. Either way, I will hold back the intensity at the beginning until you get used to the training. I will discuss with you the best way to get started taking into account your individual circumstances. No excuses! Start today!

## Training Fees

### How much does it cost?

First of all ... there are **NO CONTRACTS!** Unlike the big franchise gyms, when you train with us you will not need to have an interview with a "membership consultant", nor will you have to sign up for any contract term.

### Monthly Fee - unlimited sessions – Foundation Member Special

Direct Debit - \$100

Cash or Bank Transfer - \$100

### Pay as you go

Casual (Drop In) - \$12 (for visiting CrossFitters\*)

10 Session Pass - \$100 (requires management approval\*\*)

### Private Sessions

Private sessions are available by appointment. Fees range from \$60 to \$150 per hour depending on the experience and qualifications of the trainer. Typical fees are as follows

Level 1 trainer - \$80 per hour

Level 2 trainer - \$120 per hour

### **We accept payment via DIRECT DEBIT, cash, or electronic funds transfer (EFT).**

For monthly members we **prefer direct debit** as we have found this to be the simplest method for both parties. Direct debits can be setup by filling out the appropriate form when you are next at training. **You will need your BSB and account number.** If you prefer to use electronic funds transfer please discuss with our management team first.

For approved EFT customers, our bank details are below. Please use your surname as the reference for the transaction.

**Account Name : CrossFit Toowoomba**

**Bank : Commonwealth Bank**

**BSB: 064-446**

**Account Number: 10233618**

### **Notes:-**

- Fees are subject to change
- A 10% discount applies for additional family members
- \*The casual rate is intended for CrossFitters that are visiting Toowoomba.
- \*\*The 10 Session Pass is preferable for members that have a genuine reason for not committing to the monthly plan, ie shift workers.
- There is no contract term associated with the Direct Debit payment method. It can be cancelled at any time.
- Direct Debit can be placed on hold if you are away for an extended period (eg work or holidays)
- The date you commence membership is the recurring date for your monthly payment. For example, if you join on the 27<sup>th</sup> January 2010, then your next direct debit payment will be the 27<sup>th</sup> February.

[www.crossfittoowoomba.com](http://www.crossfittoowoomba.com)

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