

## Sport of Fitness Services as of January 1<sup>st</sup> 2010

All training encompasses a Dynamic Warm up (DWU), Workout of the Day (WOD), and a stretch session following the workout. The client also receives diet programming.

**TRIAL SESSION:** One Free Training Session for any of the services below.

**CROSSFIT:** Client trains 3-4 days per week. A training session averages 20-30 minutes.

4 weeks, \$200

6 weeks, \$300

10 weeks, \$500

6 months, \$800

**OLYMPIC WEIGHTLIFTING:** Client trains 3 days per week, averages 4 exercises per workout. Session lasts approximately 1 hour.

Beginner 4 week, \$200

7 weeks, \$400

14 weeks, \$800

21 weeks, \$1000

**STRENGTH SPECIFIC TRAINING:** Client trains 3 days per week, averages 4 exercises per workout. Session lasts approximately 1 hour.

6 weeks, \$300

10 weeks, \$500

6 months, \$800

**SPORT SPECIFIC TRAINING:** Client trains 3 days per week, training consists of DWU, speed & agility training, metabolic conditioning, cool down, and stretching. Session lasts approximately 1 hour.

6 weeks, \$300

10 weeks, \$500

**COMBAT CONDITIONING:** Client trains 3 days per week, programming is similar to CrossFit but performed with different equipment.

6 weeks, \$300

10 weeks, \$500

**BUILD AND TRAIN SERVICES:** Build client's gym based on their budget. Train them in the fundamentals of CrossFit for 4 weeks.

4 weeks, \$500 for labor and trainer fee (does not include cost of materials)