

# CrossFit Beginner Classes



Beginners can start with these Private Sessions or with our BootCamp Memberships.

These beginner sessions start with 1 FREE Intro class prior to signing up for one of these packages. In addition you may also choose to try a FREE Trial group class (only on specified days/times).

In the beginner classes you'll learn new skills and gradually increase intensity levels. During your FREE Intro session your coach will discuss which Beginner Package is best for you. FREE Intros and Beginner classes are scheduled at a mutually convenient time between you and your CrossFit Coach.

<b>Bronze</b>	<b>\$30</b>	<p><b>1 FREE Intro Session</b>  <b>1 Beginner Classes</b></p> <ul style="list-style-type: none"> <li>- Entry into this program requires coaches' approval after your FREE Intro Workout.</li> <li>- FREE Intro &amp; Beginner class schedule subject to coaches' availability.</li> </ul>
<b>Silver</b>	<b>\$80</b>	<p><b>1 FREE Intro Session</b>  <b>3 Beginner Classes</b></p> <ul style="list-style-type: none"> <li>- Entry into this program requires coaches' approval after your FREE Intro Workout.</li> <li>- FREE Intro &amp; Beginner class schedule subject to coaches' availability.</li> <li>- 4 Week Expiration from first beginner class.</li> </ul>
<b>Gold</b>	<b>\$250</b>	<p><b>1 FREE Intro Session</b>  <b>10 Beginner Classes</b></p> <ul style="list-style-type: none"> <li>- Best for those who need modifications to workouts due to injuries, fitness level or need to improve upon technique prior to joining group classes.</li> <li>- After 10 classes you and your coach will determine if you are ready for group classes, private WODs, personal training or should repeat the beginners program.</li> <li>- Entry into this program is open to anyone</li> <li>- FREE Intro &amp; Beginner class schedule subject to availability.</li> <li>- 10 Week Expiration from first beginner class.</li> </ul>

# Beginner Boot Camps



CrossFit BootCamp classes are a great way to start CrossFit. Your CrossFit Coach will work closely with you to teach you proper technique as you gradually increase your intensity level.

	<p><b>This FREE Class includes:</b></p> <ul style="list-style-type: none"> <li>• What is CrossFit?</li> <li>• Basic Nutrition suggestions</li> <li>• Functional Movement Assessment</li> <li>• Your first CrossFit workout – anyone can do it!</li> <li>• How to pick the right CrossFit beginner option for you</li> </ul>
	<p><b>This crash course in CrossFit includes</b></p> <ul style="list-style-type: none"> <li>• Technique and scaling options for Lunges, Situps, Dips and Pullups</li> <li>• Power lifting Technique: Squat, Press, Deadlift, Bench Press</li> <li>• Technique for common Kettlebell, Medicine ball, Dumbbell exercises</li> <li>• Lessons for controlling heart rate during high intensity workouts</li> <li>• <b>\$50 Gift card</b> towards CrossFit membership upon completion</li> </ul>
	<p><b>CrossFit Beginner Boot Camp</b></p> <ul style="list-style-type: none"> <li>• 9 Classes – Must attend at least 6 to attend CrossFit classes</li> <li>• Learn Powerlifting, Kettlebell, Medicine Ball and Dumbbell exercises</li> <li>• Each 1 hour class includes warmup, skill, workout and cool-down</li> <li>• Discussions of injury prevention, nutrition and intensity control</li> <li>• <b>\$25 Gift card</b> towards CrossFit membership upon completion</li> </ul>
	<p><b>Private Beginner Boot Camp</b></p> <ul style="list-style-type: none"> <li>• Good for those with injuries or special needs</li> <li>• 10 Private One-on-One Sessions with your CrossFit Coach</li> <li>• Learn Powerlifting, Kettlebell, Medicine Ball and Dumbbell exercises</li> <li>• Each 1 hour class includes warmup, skill, workout and cool-down</li> <li>• Discussions of injury prevention, nutrition and intensity control</li> </ul>

**All Memberships Include**

- Phone & Email Coaching
- Attendance Monitoring
- Success Journal – Log Book
- CrossFit Schenectady T-shirt

# CrossFit Memberships Packages



<p><b>15 Classes Per Month – No Contract</b>          This membership entitles you to 15 CrossFit Classes each month including CrossFit, Yoga, Weightlifting or other specialty classes. This membership includes:          * Account holds for missed periods of 5 days or more          * A 20 minute nutrition consult with Christa Valentine, Registered Dietitian/Nutritionist          * 3 guest passes each month to be used by family and friends on "Visitors Welcome" days only          * A CrossFit Schenectady Tshirt          * A "success journal" binder for tracking workout results          * Additional classes (more than 15 per month) for \$10 per class.          * Ongoing in person, telephone and email support from your CrossFit Coach.</p>	<p style="text-align: center;"><b>Monthly</b> \$115</p>
<p><b>15 Classes Per Month – 1 Year Contract</b>          This membership entitles you to 15 CrossFit Classes each month including CrossFit, Yoga, Weightlifting or other specialty classes.          This membership includes:          * A 20 minute nutrition consult with Christa Valentine, Registered Dietitian/Nutritionist          * 3 guest passes each month to be used by family and friends on "Visitors Welcome" days only          * A CrossFit Schenectady Tshirt          * A "success journal" binder for tracking workout results          * Ongoing in person, telephone and email support from your CrossFit Coach.          * Additional classes (more than 15 each month) may be purchased for \$10 each.</p>	<p style="text-align: center;"><b>Monthly</b> \$99 per month</p>
<p><b>Unlimited Classes Per Month – No Contract</b>          This membership entitles you to Unlimited CrossFit Classes each month including CrossFit, Yoga, Weightlifting or other specialty classes.          This membership includes:          * A 20 minute nutrition consult with Christa Valentine, Registered Dietitian/Nutritionist          * 5 guest passes each month to be used by family and friends on "Visitors Welcome" days only          * A CrossFit Schenectady Tshirt          * A "success journal" binder for tracking workout results          * Ongoing in person, telephone and email support from your CrossFit Coach.</p>	<p style="text-align: center;"><b>Monthly</b> \$115 per month</p>
<p><b>Unlimited Classes Per Month – 1 Year Contract</b>          This membership entitles you to unlimited CrossFit Classes each month including CrossFit, Yoga, Weightlifting or other specialty classes.          This membership includes:          * A 20 minute nutrition consult with Christa Valentine, Registered Dietitian/Nutritionist          * 5 guest passes each month to be used by family and friends on "Visitors Welcome" days only          * A CrossFit Schenectady Tshirt          * A "success journal" binder for tracking workout results          * Ongoing in person, telephone and email support from your CrossFit Coach.</p>	<p style="text-align: center;"><b>Monthly</b> \$130 per month</p>

**All Memberships  
Include**

- Phone & Email Coaching
- Attendance Monitoring
- Success Journal – Log Book
- CrossFit Schenectady T-shirt

# Private Training Options



Everyone can start with 1 FREE Intro session prior to signing up for one of the packages below. In addition you may also choose to try a FREE Trial group class (only on specified days/times).

During your FREE Intro session your coach will discuss which Package is best for you.

<p><b>CrossFit Gold Beginner</b></p>	<p><b>\$250</b> for 10 sessions</p>	<p><b>10 Beginner Classes</b></p> <ul style="list-style-type: none"> <li>- Best for those who need modifications to workouts due to injuries, fitness level or need to improve upon technique prior to joining group classes.</li> <li>- After 10 classes you and your coach will determine if you're ready for group classes, private WODs, personal training or should repeat the beginners program.</li> <li>- Entry into this program is open to anyone</li> <li>- FREE Intro &amp; Beginner class schedule subject to availability.</li> <li>- 10 Week Expiration from first beginner class.</li> </ul>
<p><b>Private CrossFit WOD</b></p>	<p><b>\$25- \$30*</b> per session</p> <p><b>\$250- \$305*</b> for 10 sessions</p>	<p>Work one-on-one with your CrossFit coach as you perform the same Workout of the Day (WOD) as everyone else. The WOD will be scaled to accommodate your fitness level and special needs.</p> <ul style="list-style-type: none"> <li>- Best for those who need modifications to workouts due to injuries, fitness level or need to improve upon technique prior to joining group classes.</li> <li>- Entry into this program is open to anyone.</li> <li>- Schedule subject to coaches' availability.</li> <li>- 10 Session Package expires after 12 weeks.</li> </ul>
<p><b>Personal Training</b></p>	<p><b>\$45</b> per session</p> <p><b>\$375</b> for 10 sessions</p>	<p>Personal Training is best for those who have special needs or goals that cannot be filled by the CrossFit program. This may include special programming for injury rehabilitation or sports specific training.</p> <ul style="list-style-type: none"> <li>- Entry into this program is open to anyone.</li> <li>- Schedule subject to trainers availability.</li> <li>- 10 Session Package expires after 12 weeks.</li> </ul>

**\* Price per session is set by each CrossFit Coach.**