



MONTHLY UNLIMITED MEMBERSHIPS

	Month to Month	3 Month Commitment	6 Month Commitment	12 Month Commitment
FIT	\$ 100.00	\$ 95.00	\$ 90.00	\$ 85.00
CrossFit + Auxiliary + FIT	\$ 160.00	\$ 155.00	\$ 150.00	\$ 145.00
Pilates	\$ 160.00	\$ 155.00	\$ 150.00	\$ 145.00
Pilates + FIT + Auxiliary	\$ 210.00	\$ 205.00	\$ 200.00	\$ 195.00
UNLIMITED EVERYTHING	\$ 250.00	\$ 245.00	\$ 240.00	\$ 235.00

CrossFit: The aim of CrossFit is to forge a broad, general and inclusive fitness. We have sought to build a program that will best prepare trainees for any physical contingency — not only for the unknown, but for the unknowable. After looking at all sport and physical tasks collectively, we asked what physical skills and adaptations would most universally lend themselves to performance advantage. Capacity culled from the intersection of all sports demands would quite logically lend itself well to all sport. In sum, our specialty is not specializing.

Pilates: Pilates is the practice of analyzing movement patterns to identify inefficiencies. Pilates targets and corrects these patterns to reduce pain, increase athletic performance, and prevent injuries. Pilates Reformer small group classes provide instant feedback for each individual to ensure that we are isolating and working the intended muscles and joints that need correction. Through proper alignment and efficient movement there are no limits to the activities we can perform.

FIT: The basis of the FIT program is similar to CrossFit, however, the focus is on 40-50 minutes of high intensity, light weight and body weight training over the course of a 60 minute class with less emphasis on weightlifting. FIT classes implement functional movements and exercises to help improve your overall athletic performance.

Auxiliary Classes: Auxiliary Classes offered include Gymnastics, Yoga, Olympic Weightlifting, Mobility, Endurance.