

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? 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, we don't change programs. 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, recreational sportspeople and housewives!

Train hard, train together, 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 will push 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, c&j, and snatch. Similarly, master the basics of gymnastics: pull-ups, 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 per 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. ”

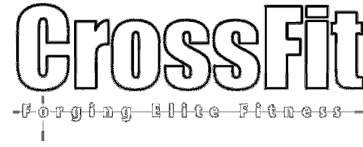
What are the training Times?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am						
6:00am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8:00am						CROSSFIT
9:15am		CROSSFIT	CROSSFIT	CROSSFIT		
5:00pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:15pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	

How do I start?

Starting is really easy. You don't have to be fit or know anything about CrossFit. **Step 1** is to give us a call or drop us an email to let us know that you are interested; **Step 2** is to organize a time to do an Intro session with one of our coaches, **Step 3** is fill out your Direct Debit form for your monthly

payment. **Alternatively**, you may prefer to do a series of private sessions prior to joining the group. It really depends on your experience and level of conditioning. Either way, we will hold back the intensity at the beginning until you get used to the training. Our experienced coaches will discuss with you the best way to get started taking into account your individual circumstance. **No excuses! Start today!**



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

Direct Debit - \$175*

Cash or EFT - \$200

The Direct Debit rate is discounted as it is our preferred method of payment.

Pay as you go

Casual (Drop In) - \$20 (for visiting CrossFitters **)

Intro sessions - \$30 each

10 Session Pass - \$150 (requires management approval***)

Private Sessions

Private sessions are available by appointment. Fees range from \$80-\$120 per hour depending on the request

We accept payment via **DIRECT DEBIT, cash, EFTPOS, 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 : Strong Arm Fitness & Associates Pty Ltd

Bank : Commonwealth Bank

BSB: 064 173

Account Number: 1045 7851

Notes:-

- Fees are subject to change
- A 10% discount applies for additional family members
- *Discounts apply for emergency services
- **The casual rate is intended for CrossFitters from other affiliates that are visiting. It is not an acceptable ongoing payment method for regular members.
- ***The 10 Session Pass will only be made available to members that have a genuine reason for not committing to the monthly plan, ie shift workers. The 10 Session Pass is not a preferred payment method and should be the exception to the rule. Trainers will not be allowed to sell a 10 session pass without management approval.
- 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 which must be at least one month (eg work or holidays)

E: doug@crossfitrocks.com

M: 0439 781 732

11/500 Seventeen Mile Rocks Road,
Seventeen Mile Rocks, QLD, 4073

www.crossfitrocks.com