

CROSSFIT TURMOIL

MEMBERSHIP PACKAGES

MONTHLY PACKAGES

PROGRAM	DETAILS	WHAT'S INCLUDED
Unlimited	<ul style="list-style-type: none"> - 12 Month Agreement \$190 pcm or \$2,160 Up Front (SAVE \$120) - 6 Month Agreement \$194 pcm or \$1,110 Up Front (SAVE \$64) - 3 Month Agreement \$198 pcm or \$560 Up Front (SAVE \$34) - Month to Month \$240 pcm 	<ul style="list-style-type: none"> - Unlimited access to all classes - Unlimited access to Open Gym times
3 x per week	<ul style="list-style-type: none"> - 12 Month Agreement \$155 pcm - 6 Month Agreement \$160 pcm - 3 Month Agreement \$165 pcm - Month to Month \$200 pcm 	<ul style="list-style-type: none"> - 3 CrossFit classes per week - Unlimited access to Open Gym times
2 x per week	<ul style="list-style-type: none"> - 12 Month Agreement \$128 pcm - 6 Month Agreement \$130 pcm - 3 Month Agreement \$132 pcm - Month to Month \$170 pcm 	<ul style="list-style-type: none"> - 2 CrossFit classes per week - Unlimited access to Open Gym times

EXTRA PACKAGES/PROGRAMS

<p>Fundamentals Program</p>	<p>\$99</p>	<ul style="list-style-type: none"> • 4 one on one sessions with a coach • Flexible times that suit the member • Sessions 1-3 learning the 9 foundational movements of CrossFit • Session 4 learning the 2 Olympic lifts
<p>8 Week Bootcamp</p>	<p>\$299 (\$249 for existing Turmoil Members)</p>	<ul style="list-style-type: none"> • 6 sessions per week • 1 of those sessions is a Friday evening 5:30pm CrossFit class • 45 min sessions • Barbell Free
<p>Panther Project</p>	<p>\$30 pcm (For existing Turmoil Members)</p> <p>\$50 pcm (For NON existing Turmoil Members)</p>	<ul style="list-style-type: none"> • Extra 5 programmed sessions per week targeted to improve the more advanced movements. • Extra work for competition style training
<p>Skill Session</p>	<p>\$40 per session (for existing Turmoil Members)</p>	<ul style="list-style-type: none"> • To target any movement or skill that needs improvement • No WOD or Strength included • Drills to work on weakness • 1-hour session
<p>Personal Training</p>	<ul style="list-style-type: none"> • \$70 - 1on1 • \$80 - 2on1 • \$90 - 3on1 • \$100 – 4on1 	<ul style="list-style-type: none"> • Extra CrossFit Style Session with programmed Strength & Wod • 1-hour session
<p>10 Pack</p>	<p>\$190</p>	<ul style="list-style-type: none"> • Join in our CrossFit or Olympic lifting classes for 10 sessions
<p>Casual Class</p>	<p>\$25</p>	<ul style="list-style-type: none"> • Join in our CrossFit or Olympic lifting class