



12 WEEK TRANSFORMATION PACKAGES

WHAT WE OFFER

REMOTE COACHING

- Free Goal Setting, Nutrition & Baseline Testing Consultation
- Weekly Program designed by one of our coaches and e-mailed to you on a weekly basis.
- A weekly video from your Coach with weekly guidelines
- A nutrition plan and MyFitnessPal tutorial.
- Cost - \$80-100 per month (\$240-300 in total)

SEMI-PRIVATE COACHING

- Free Goal Setting, Nutrition & Baseline Testing Consultation
- 1 - 4 x semi-private training sessions per week with your Coach on site at CrossFit Turmoil in Coburg
- Weekly Program designed by one of our coaches and e-mailed to you on a weekly basis
- A nutrition plan and MyFitnessPal tutorial.
- Cost - \$119 - 299 per month (\$476 - 1,196 in total)

PRIVATE COACHING

- Free Goal Setting, Nutrition & Baseline Testing Consultation
- 1 - 4 x private training sessions per week with your Coach on site at CrossFit Turmoil in Coburg
- Weekly Program designed by one of our coaches and e-mailed to you on a weekly basis
- A nutrition plan and MyFitnessPal tutorial.
- Cost - based on customisation of individual program

12 WEEK BEGINNERS CROSSFIT MEMBERSHIP

- 3 Private "Fundamentals" Sessions with a Coach
- Free Goal Setting, Nutrition & Baseline Testing Consultation
- Access to our regularly scheduled CrossFit classes at CrossFit Turmoil in Coburg
- A nutrition plan and MyFitnessPal tutorial.
- Cost - \$175 - 240 per month (\$525 - 720 in total)

CONNECT WITH US



FIND US AT:
**UNIT 18, 9 DAWSON STREET
COBURG NORTH, VIC 3058**

FOR MORE INFORMATION:
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**CROSSFIT
TURMOIL**