



AUTUMN TIMETABLE 2010

	6:30am-7:30am	10am-11am	11am-12	3:30pm-4:30pm	5:15pm-6:15pm	6:15pm-7:15pm
Monday	outdoor			general	general	Foundations
Tuesday					general	general
Wednesday				general	general	general
Thursday	outdoor				general	general
Friday				general	general	Foundations
Saturday		general	Foundations			

Personal training available by appointment

Price List

prices current 1st December 2009, subject to chance

Unlike other gyms there are **no membership consultants** or long term contracts to sign, simply select the option that best suits you.

EzyPay monthly unlimited - \$120

10 visit pass - \$140 (valid for 8 weeks)

casual visit - \$15

4 session Intro PT pack - \$160

50min PT session - \$60 (discount applies for bulk purchase)

- note – we accept Direct Debit, EFT or cash. Our preferred payment method is Direct Debit as we have found this works best for both parties
- there is no fixed term for direct debit and can be cancelled anytime
- direct debit can be placed on hold if you go away for an extended period of time
- 10% discount applies for additional family members on direct debit.
- Discount applies for SAPOL/MFS

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CrossFit Adelaide



WHAT IS CROSSFIT?

“Constantly Varied, Functional Movements executed at High Intensity to elicit an Increased Work Capacity across Broad Time and Modal domains.” Umm okay and this means? Basically CrossFit is a strength and conditioning program that is by design broad, general and inclusive, it aims to improve your fitness in not just one area but as a whole and better prepare you for whatever life might throw in your direction. The program is univerrally scalable, meaning it is suitable for all levels of fitness and experience – from the elderly right thru to elite athletes, all that is required is a commitment to want to improve yourself.

WHO ARE WE?

CrossFit Adelaide is a fully licensed affiliate of CrossFit USA and has been offering group and personal training in CrossFit since 2008. We believe the group environment is one of the best ways to experience CrossFit, it might be competitive at times but it is always supportive, friendly and will see you perform and your best and get results. Our trainers are all qualified and registered fitness professionals with Fitness Australia as well as being CrossFit certified, they also believe that CrossFit is the best conditioning program available – they all practice what they preach and are committed enthusiastic CrossFit athletes themselves.

WHERE ARE WE?

Currently general classes are conducted at the rear of the International Wing Chun Academy at 253 Gouger Street, there is generally plenty of free parking on Gouger St or to the rear of the building. Location of outdoor classes varies but are generally conducted at Victoria Park racecourse – check the website for exact location details.

GETTING STARTED?

1. Dont be scared, the sooner you start the better!
2. Call or email us to organise a time for your 1st session or ask any questions you may have.
3. Come in, sign up, get amongst it and get in the best shape of your life.
4. Dont like the idea of starting in a group? Try our intro PT package for a series of 1-1 sessions to help get you started.
5. Whichever way you choose to start, the training is always scaled to meet **your** current level of experience and fitness

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