

# FIRM CrossFit

## CROSS WHAT?

CrossFit is constantly varied functional training—but at a super-intense level. It melds weight training, rowing, kettlebells, plyometrics, and gymnastics to help clients achieve proficiency in ten fitness domains: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy.

## HOW DO I GET STARTED?

Before joining group sessions, all FIRM CrossFit participants must complete the three-session Foundations Course (3 one-on-one personal training sessions) at a cost of \$240. For more information, or to schedule your Foundations Course sessions, call Kelly Miyamoto at 612-747-9340.

(Please note that the Foundation Course sessions are a requirement set forth by the National CrossFit Association)

## HOW MUCH IS IT?

From NOW until May 31st, FIRM CrossFit is included with your **DO IT ALL UNLIMITED** membership at no extra cost. You can sign up online or talk to the front desk staff to make a reservation!

Starting June 1st the **DO IT ALL UNLIMITED + FIRM CrossFit Membership** is \$150.00 (+ tax). The average cost of a CrossFit ONLY Gym is between \$120 - 185/month and that's with NO Unlimited Gym. NO Spin. NO Circuit Training. NO Yoga. NO Studio Classes period.

Non FIRM CrossFit members pay \$35 per session.

## WHEN IS IT?

Each FIRM CrossFit session includes a warm-up, a skill development segment, and a high-intensity workout that lasts one hour. FIRM CrossFit schedule:

Monday/Wednesday/Friday at 5:00 p.m.  
Tuesdays/Thursday at 6:00 a.m.  
Saturdays at 7:15 a.m.  
Sundays at 8:30 a.m.

**SIGN-UP FOR  
FIRM CrossFit MEMBERSHIP  
BEFORE MAY 31ST AND  
GET FIRM CrossFit FOR  
JUNE FREE!**

SHOWN at 40% of ACTUAL SIZE - 22"w X 28"h