

## TRIDENT CROSSFIT PRICELIST 2019

### 2019 MEMBERSHIP PRICES

	Monthly	6 Mos	3 Mos
<b>Unlimited</b>	\$250	\$225.00	\$237.50
<b>13 Classes</b>	\$225	\$202.50	\$213.75
<b>9 Classes</b>	\$185	\$166.50	\$175.75
<b>Drop In</b>	\$25		
<b>10 Class Pkg</b>	\$200		

### 2019 MILITARY/LEO/TEACHERS -15%

	Monthly	6 Mos	3 Mos
<b>Unlimited</b>	\$212.50	\$191.25	\$201.88
<b>13 Classes</b>	\$191.25	\$172.13	\$181.69
<b>9 Classes</b>	\$157.25	\$141.53	\$149.39
<b>Drop In</b>	\$20.00		
<b>10 Class Pkg</b>	\$190.00		

### COUPLES MEMBERSHIP TOTALS -15%

	Monthly	6 Mos	3 Mos
<b>Unlimited</b>	\$425.00	\$382.50	\$403.75
<b>13 Classes</b>	\$382.50	\$344.25	\$363.38
<b>9 Classes</b>	\$314.50	\$283.05	\$298.78

### MIL COUPLES MEMBERSHIP TOTALS -10%

	Monthly	6 Mos	3 Mos
<b>Unlimited</b>	\$382.50	\$344.25	\$363.38
<b>13 Classes</b>	\$344.25	\$309.83	\$327.04
<b>9 Classes</b>	\$283.05	\$254.75	\$268.90

\* PRICES ARE PER MONTH

### MORNING HOURS

<b>Mon-Friday</b>	5:15am-6:00am	
<b>Mon-Friday</b>	6:00am-6:45am	
<b>Mon-Friday</b>	6:45am-7:15am	
<b>Mon-Friday</b>	9:30am -10:30am	
<b>Mon-Friday</b>	12:30pm-1:30pm	

### EVENING HOURS

<b>Mon-Friday</b>	4:30pm-5:15pm	
<b>Mon-Friday</b>	5:15pm-6:15pm	
<b>Mon-Friday</b>	6:15pm-7:15pm	
<b>Mon-Thursday</b>	7:15pm-8:15pm	
<b>Saturday</b>	8,9,10am	

<b>Childcare</b>	<i>We currently offer childminding service on M W F at 9:30am class there is a \$25 charge per month</i>
<b>Morning Open Gym</b>	<i>During normal class times</i>

<b>Evening Open Gym</b>	4:30-8:15 Mon-Wed. 4:30-7:00 Thurs, Fri. 10-12:30 Sat
<b>Bootcamp (METCON MADNESS)</b>	6:00 AM. Mon, Wed, Friday

### SPECIALITY CLASSES

<b>CrossFit Seniors</b>	8:00am. Tues & Fri	\$100/mo
<b>Barbell Club</b>	Inquire within	\$40/mo
<b>Olympic Lifting</b>	6 Week Session	\$150
<b>CrossFit for Yogis</b>	7:00 AM Tues & Fri	Regular Class
<b>CrossFit Kids 4 Class Pack</b>	9am Sat	\$60

### CLASS PACKAGES

<b>Group Classes 10 Class Pack</b>	All Classes	\$200 \$190 Mil
<b>Personal Training</b>	10 (1 Hr) Sessions 1 (1 Hr) Session	\$950 \$115
<b>Personal Training</b>	10 (45 min) Sessions 1 (45 min) Session	\$750 \$95
<b>Personal Training</b>	10 (1/2hr) Personal Sessions 1 (1/2 hr) Personal Sesson	\$550    \$75
<b>Nutrition Consult</b>	<a href="mailto:staff@tridentcrossfitva.com">Please Inquire staff@tridentcrossfitva.com</a>	

30% fee for breaking contract.

There is a \$6.00 fee if you pay with a credit card. Pay via ACH (direct from checking account) and there are no fees.

Child minding available M,W,F 9:30 am class. \$25.00/per month

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