

RATES

MINI BOOTCAMP

All prices + HST

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|---|-------|
| Mini Bootcamp (3 days a week for 4 weeks) | \$125 |
| Student rate | \$100 |

INTRODUCTORY PROGRAM

| | |
|----------------------------------|-------|
| 4 private classes | \$200 |
| 4 semi private classes | \$240 |
| 4 group classes of 3 or 4 people | \$280 |

You must complete Bootcamp or the introductory program to join our group classes.

UNLIMITED GROUP CLASSES

| | |
|--|-------|
| 1 month | \$145 |
| 1 month (full-time student rate) | \$125 |
| 1 month (immediate family/EMS) | \$135 |
| 10 class package | \$155 |
| 10 class package (full time student) | \$135 |
| Drop-in class | \$20 |
| Drop-in class (full-time student rate) | \$17 |

(Includes the Power/Olympic weightlifting classes)

PRIVATE SESSIONS

| | |
|------------------|-------|
| Single class | \$65 |
| 5 class package | \$300 |
| 10 class package | \$550 |

We have special kids, teen and sports team rates. Please email us to inquire.

MEMBERSHIPS

| | |
|----------------------|--------|
| 3 month | \$405 |
| 6 month | \$780 |
| 12 month | \$1500 |
| 3 month (student) | \$335 |
| 3 month (family/EMS) | \$390 |

ABOUT CROSSFIT PICKERING

CrossFit Pickering is a 7000 square foot elite training facility. Our location can accommodate any and all workouts. Our Coaches are CrossFit Certified and committed to growth and learning.

WE OFFER



- CrossFit Bootcamps
- Sports Performance & Team Training
- Power & Olympic Weightlifting
- CrossFit Kids & Teens
- Unlimited Monthly Group Classes
- Private & Semi Private Classes
- Mobility & Technical Classes

COACH GREG GLASSMAN QUOTES

"Training for a fight by running twenty minutes everyday makes perfect sense if you plan on running away from your opponent and know you will be getting a ten minute head start."

"An athlete diminished by excessive aerobic training is slow and weak. At CrossFit we call that state, 'spun-down.'"

"Squat, jump, climb, throw, lift."

"No, it doesn't ever get any easier. You wouldn't want it to either."

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UNIT 1, PICKERING, ON

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CROSSFIT PICKERING
FORGING • ELITE • FITNESS

Cardio/Respiratory Stamina

Strength BALANCE

Accuracy POWER

speed Coordination

Agility Flexibility

Endurance



416.451.6214
www.crossfitpickering.com

STARTING CROSSFIT?

6 Things We Wish We Knew When We Started CrossFit'

If you're just starting out or think you might want to, here are a handful of things we wish we'd have known when we started

1 CrossFit Can Be Whatever You Want It to Be

Whether you're looking to change up your gym routine, learn about weightlifting, or become a competitive athlete, your CrossFit experience is completely unique to you. The fact that the workouts are constantly varied makes CrossFit an ideal all-around fitness program and the community atmosphere makes it easy to stay motivated. Bottom line? Whether you start CrossFit to get in shape or to qualify for the CrossFit Games, it's a sport with room for any and every type of goal and skill set.

2 There's Always Room to Improve...

Even elite athletes can improve. Our Motto is "leave your ego at the door". Whether it's sprinting, exploding out of the bottom of a squat, or getting under the bar quickly on the Olympic lifts, there are always skills to learn and to perfect.

3 ...And There Are Going To Be Things It Takes You Longer To Figure Out Than You Think It Should

The beauty of CrossFit is that no matter how good we get are at a given exercise, there's always going to be a movement we're not as proficient in. You may end up thinking, "This is ridiculous, my legs are strong enough, why are pistols so hard for me?" and "if I could jump rope when I was eight, why did it take me six months to figure out double unders?"

We'll all have strengths and weaknesses when we start; the only way to get better is to be in an environment where you'll have people to push you and help you..

4 You Don't Need To Be In Shape to Start CrossFit

In conversation with friends and family, we all have heard a variation of, "I can't start CrossFit; I'm not in shape and it looks so hard!" Anyone, and we mean anyone, can do CrossFit.

The CrossFit program is designed for universal scalability, meaning load (weight) and intensity can be modified depending on your skill level. Everything from bodyweight movements like push-ups to weighted movements like squats can be scaled. There's no ideal age, weight, shape, or size for a beginning CrossFit athlete. At CrossFit Pickering, we pride ourselves on our ability to work with anyone who is willing to work hard and keep an open mind.

5 If you've always hated going to the gym, this may be the place for you!

First and foremost, we have no contracts and no pushy sales people. It's entirely your decision whether CrossFit Pickering is for you or not.

There are few guarantees in life, but we do guarantee that you will never plateau and you will never be BORED! Ever.

6 It Has the Potential to Change Your Life

Strength is commended and encouraged. Our bodies are celebrated for what they can do and not what they look like. We don't have mirrors to analyze and critique aesthetics, and how you are perceived is the furthest thing from your mind when you walk in the door. You will spend at least an hour a day with people who are dedicated, motivated, inspired, inspiring, and full of energy. If you're open, setting foot in a CrossFit gym just might change how you see yourself, too.



CROSSFIT vs BIG BOX GYM

- No Contracts – no pushy sales reps
- We don't use machines and gimmicks.
- We use CHALK!
- CrossFit and our Bootcamp are perfect for fat loss and increasing endurance and stamina.
- CrossFit Bxamp is for everyone, regardless of experience and fitness level.
- Every workout is measureable
- Focused personal coaching in a small group setting
- Crossfit based programming can be tailored to any level of fitness and experience.
- Every workout is different.
- All workouts are comprised of functional exercises and movements
- Nutritional educational and coaching provided during our Bootcamp.
- We train really hard and have FUN!

