

TRIDENT CROSSFIT PRICELIST 2019

2018 MEMBERSHIP PRICES

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

2018 MILITARY/LEO/TEACHERS -15%

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

COUPLES MEMBERSHIP TOTALS -15%

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

MIL COUPLES MEMBERSHIP TOTALS -10%

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

* PRICES ARE PER MONTH

MORNING HOURS

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

EVENING HOURS

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

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

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

SPECIALITY CLASSES

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

CLASS PACKAGES

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

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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