



## **PERSONAL TRAINING AT CROSSFIT KITCHENER**

- ~Are you close to getting your kipping pull-ups, double unders, ring dips or muscle ups and just need more coaching to get there?
- ~Do you want to improve your proficiency with the hopes of competing or posting better results on the Whiteboard?
- ~Are you new to CrossFit and looking for personalized instruction on the movements we incorporate in our regular classes?
- ~Do you have mobility issues you'd like addressed through a comprehensive stretching and strengthening program?
- ~Have you completed our Entry Level Training but don't feel ready to join our regular classes yet?
- ~Do you have specific goals that you want help achieving?

## **CONSIDER TAKING ADVANTAGE OF OUR PERSONAL TRAINING**

People hire a Personal Trainer for many reasons. At CrossFit there are many movements to learn and not always enough time to spend perfecting each one. Having the undivided attention of a trainer for 1 hour or more can make a world of difference.

### **PRICES**

(All prices subject to HST.)

<b>No. of Sessions</b> (1 hour each)	<b>Price per Session</b>
<b>1 - 4</b>	<b>\$75</b>
<b>5 - 9</b>	<b>\$70</b>
<b>10 - 19</b>	<b>\$65</b>
<b>20+</b>	<b>\$60</b>

**Purchase 20+ sessions & get a 10 Class Pass.**

Semi-private pricing and payment plans available - please inquire.

Contact [joanne@crossfitkitchener.com](mailto:joanne@crossfitkitchener.com) to get started!