



# TRIDENT

C R O S S F I T

## 2017 MEMBERSHIP RATES

PROGRAMS	MEMBERSHIP OPTIONS	MONTHLY RATE	CREDIT CARD SURCHARGE	DETAILS
<b>UNLIMITED</b>	<b>3 MONTH</b>	<b>\$240.00</b>	<b>\$246.00</b>	
	<b>6 MONTH</b>	<b>\$220.00</b>	<b>\$226.00</b>	
<b>3x/WEEK</b>	<b>3 MONTH</b>	<b>\$215.00</b>	<b>\$221.00</b>	
	<b>6 MONTH</b>	<b>\$195.00</b>	<b>\$201.00</b>	
<b>2x/WEEK</b>	<b>3 MONTH</b>	<b>\$160.00</b>	<b>\$166.00</b>	
<b>MILITARY, LEO &amp; FIRST RESPONDER</b>	<b>3 MONTH</b>	<b>\$205.00</b>	<b>\$211.00</b>	
	<b>6 MONTH</b>	<b>\$185.00</b>	<b>\$191.00</b>	
	<b>UNLIMITED</b>	<b>MUST SHOW QUALIFYING IDENTIFICATION</b>		
<b>COUPLES</b>	<b>3 MONTH</b>	<b>\$360.00</b>	<b>\$366.00</b>	
	<b>MIL/LEO COUPLE - 3 MONTH</b>	<b>\$330.00</b>	<b>\$336.00</b>	
	<b>* COUPLES MUST BE MARRIED AND RESIDE IN THE SAME HOUSEHOLD *</b>			
<b>BOOT CAMP</b>	<b>3 MO - 3x/WK</b>	<b>\$205.00</b>	<b>\$211.00</b>	
	<b>6 MO - 3x/WK</b>	<b>\$185.00</b>	<b>\$191.00</b>	
	<b>6AM ON MONDAYS, WEDNESDAYS AND FRIDAYS</b>			



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CROSSFIT

## 2017 CROSSFIT SCHEDULE AND SPECIAL PROGRAMS

	PROGRAM	SCHEDULE	FEE
<b>SPECIAL PROGRAMS</b>	<b>CROSSFIT LI'L KIDS - AGES 4-6</b>	<b>SATURDAY 8:30AM - 9:00AM</b>	<b>\$12.00/SESSION</b>
	<b>CROSSFIT LI'L KIDS - AGES 4-6</b>	<b>SATURDAY 9:15AM - 9:00AM</b>	<b>\$15.00/SESSION</b>
	<b>CROSSFIT ENDURANCE MEMBERS ONLY</b>	<b>TUESDAY 6:30PM</b>	<b>\$99.00 PER 8 WEEK CYCLE</b>
	<b>ADVANCED CLASS UNLIMITED MEMBERS ONLY</b>	<b>MON - 6:30PM WED/FRI - 5:30PM</b>	<b>FREE TO MEMBERS</b>
	<b>ONLY LIFTING CLASS</b>	<b>THURS - 7:30PM SAT - 11AM</b>	<b>\$120.00 PER 3 MONTH CYCLE</b>
	<b>SEALFIT</b>	<b>INQUIRE WITHIN</b>	<b>FREE TO MEMBERS \$150.00/MONTH</b>
	<b>PERSONAL TRAINING</b>	<b>INQUIRE WITHIN</b>	<b>INQUIRE WITHIN</b>
	<b>SCHEDULE</b>	<b>TIMES</b>	
<b>CROSSFIT REGULAR SCHEDULE</b>	<b>AM CLASSES MONDAY - FRIDAY</b>	<b>5:15, 6:00, 6:45 &amp; 9:30</b>	
	<b>PM CLASSES MONDAY - FRIDAY</b>	<b>12:30, 4:30, 5:15, 6:15 &amp; 7:15 NO 7:15 ON FRIDAYS</b>	
	<b>OPEN GYM</b>	<b>MON-WED, FRI 5-7PM SAT 11-12:30PM</b>	
	<b>SATURDAY AM CLASSES</b>	<b>8:00, 9:00 &amp; 10:00</b>	
<b>410 Calvert Ave. Alexandria, VA 22301</b>		<b>PHONE</b>	<b>(240) 230 7705</b>
		<b>EMAIL</b>	<b>staff@tridentcrossfitva.com</b>
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