



CrossFit + Nutrition Hybrid Membership Options

Elements + 4 Weeks Nutrition Coaching \$199

3 Personal Training Sessions with
a certified CrossFit Coach

Initial Consultation & Health
Assessment

4 Weeks Customized Meal Plans
(with Grocery Lists)

Goal Setting

Comprehensive Nutrition
Handbook

Biometric Testing (Renpho
Machine)

Access to Exclusive HSN App
with Nutrition Content, Group
and Private Messaging

Weekly Virtual Check-Ins

Follow-Up Visit (At End of 4
Weeks)

Current Member Initial Consultation + 4 Weeks Nutrition coaching

\$100 + Current CrossFit Rate

Initial Consultation & Health
Assessment

4 Weeks Customized Meal Plans
(with Grocery Lists)

Goal Setting

Comprehensive Nutrition
Handbook

Biometric Testing (Renpho
Machine)

Access to Exclusive HSN App
with Nutrition Content, Group
and Private Messaging

Weekly Virtual Check-Ins

Follow-Up Visit (At End of 4
Weeks)

Current CrossFit Class Access

Current Member Rate + Nutrition Coaching \$65 + Current Monthly CrossFit Rate

1 x 30-Minute In-Person Meeting
with Coach

Ongoing Nutrition Coaching &
Accountability

Food Log Review with Nutrition
Coach

Updated Meal Plan When Needed

Biometric Testing (Renpho
Machine)

Access to Exclusive HSN App
with Nutrition Content, Group
and Private Messaging

Weekly Virtual Check-Ins

Current CrossFit Class Access