



CrossFit Generation Personal/Team/Virtual Training

Personal Training

Sessions

\$35 – 30 minutes

\$60 – 60 minutes

Packages (3 sessions)

\$90 – 30 minutes

\$150 – 60 minutes

Small Group Sessions

(1 hour in length)

2 people: \$60

3 people: \$75

Team Training

\$100/1-hour session

Sessions include:

Warm-up

Injury Prevention Drills

Speed & Agility

Strength and Power Development

Conditioning

Core Work

Scheduling

We will work with the head coach to find a suitable time that fits your teams' needs and that works with our class schedules and programs.

Virtual Training

\$30/4-week template

Starter Template Choices

Hypertrophy

Skill Improvement

Endurance

Gymnastics

Whatever your goal is

Virtual Training are individualized programs that can be done in conjunction with CrossFit classes. These programs are built around your goals and aspirations.