



## What is CrossFit?

Constantly varied, functional movement performed at high intensity

CrossFit 360Vida offers structured classes lead by qualified CrossFit coaches.

We specialize in not-specializing and our classes offer combinations of strength, conditioning and flexibility in various forms using the basis of gymnastics skills, bodyweight movements, Olympic lifting techniques and most of all having fun!

**CrossFit is an investment in your health and fitness regardless of your current fitness level.**

### FAQ's:

**1. How do I start?**

We offer a free introduction to CrossFit class every Tuesday. We cover the basics of CrossFit during these sessions.

**2. Do I have to be fit to do CrossFit?**

**No** – Your current level of fitness is the base from which you start !! Your coach will guide you in adapting movements to suit your level of fitness and ability. Your progression is important and individualised.

**3. What are the costs?**

We offer different monthly membership options ranging from 2 classes a week to unlimited classes per week. The weekly class quota's are from Monday to Saturday, mornings or evenings.

- Up to 2 classes per week – R1050 per month
- Up to 3 classes per week – R1250 per month
- Up to 4 classes per week – R1450 per month
- Unlimited classes per week – R1600 per month
- Private classes / session – R300 per hour (By appointment)

A registration fee is payable by EFT or Cash on signing up for monthly membership. All payments are done in advance by debit order or 3 month contract

**4. What is the minimum membership term?**

At CrossFit 360Vida we offer a month to month membership for all our classes.

**5. What can I expect from doing CrossFit?**

Your personal goals, motivation and intensity will determine your results.

We recommend a commitment of 3 months to regular classes for noticeable health and fitness results.

**6. When are the class times?**

**Monday: Morning – 5am, 6am, 8:30am / Afternoon & Evening – 4pm, 5pm, 6:30pm**  
**Tuesday: Morning – 5am, 8:30am / Afternoon & Evening – 4pm, 5pm, 6:30pm**  
**Wednesday: Morning – 5am, 6am, 8:30am / Afternoon & Evening – 4pm, 5pm, 6:30pm**  
**Thursday: Morning – 5am, 8:30am / Afternoon & Evening – 4pm, 5pm, 6:30pm**  
**Friday: Morning – 5am, 6am, 8:30am / Afternoon & Evening – 4pm, 5pm, 6:30pm**  
**Saturday: Morning – 7am, 8:15am**

**7. Is it for me? .....You wont know until you try it!**

**8. Now get off you're a\*\* and signup for your free class!**

Contact Darren to book your intro class!

Tel: 084 4495 009

Email: [darren@cf360v.com](mailto:darren@cf360v.com)

Website: [www.crossfit360vida.com](http://www.crossfit360vida.com)

Facebook: [www.facebook.com/crossfit360vida](http://www.facebook.com/crossfit360vida)

**You do not have to be fit to start CrossFit...you just need to START!**