



BLenheim LIMITED

PRICE LIST

Casual Class/Drop in: \$20

Concession Card: \$180 (10)

BODY SCAN: \$15 scan only \$25 Scan + Health Consultation (30min)

Memberships

| | |
|-----------|--------------------------------------|
| UNLIMITED | \$60/week (\$45 for partner sign up) |
| 3X/week | \$47.50/week |
| 2X/week | \$35/week |

Membership by program

**Restricted to that programme only.*

| | |
|--------------|--|
| CrossFit | \$55/week |
| FIT45 | \$45/week |
| Boot Camp | \$35/week |
| Strongman | \$25/week |
| CF Kids | \$10 casual/\$7.5 add-on weekly/\$70 for 10 pass |
| Running Club | FREE for Unlimited Members |
| Barbell Club | FREE for Unlimited Members |
| Open Gym | FREE for Unlimited Members |
| ROMWOD | FREE for Unlimited Members |

PERSONAL TRAINING (30min)

| | | |
|------------|------------------|--------------------------|
| 1on1 | \$35 per session | 10X (\$300) paid upfront |
| 2-4 people | \$20 per person | |

DISCOUNTS

-Sign Up with a partner and get 25% off Unlimited or 10% off any other membership.

-Family Rate \$100 per week Unlimited for 2 parents and up to 2 kids under 18 years.

-Students receive 20% off membership.

-Sign up to 1-year contract to receive 20% off

**Only 1 Special/discount can apply per membership.*

**Does not apply to concession card/casual or PT*

CONTACT: Kim/Mark Gear 021 0235 6995. info@crossfitblenheim.co.nz

FIT45

Conditioning/cardio focus with some basic resistance and mobility work added in. Great for beginners!

45min class

FIT45 OUTDOORS

Get outdoors for your conditioning session. Located at Pollard Park on Saturdays.

45min class

BOOT CAMP

HIIT focus in this short, sharp class. Great way to start your day or supplement your training. Basic body weight and easy to learn movements. Great for any age and ability.

30min class

STRONGMAN

GET STRONG!!! Any level, females and males... All the fun stuff like odd object carries, tyres, logs as well as the more conventional Squats, bench, dead lifts, presses etc.

45min class

CrossFit KIDS

A Fitness Class that teaches functional movements and helps build all-around fitness in a fun team environment. Ideal for ages 6-10yr (Over 10 can participate in our normal classes. Under 6 can participate with supervision from a caregiver).

30min class

Running Club

A supplement programme that focuses on Running. Training for specific local events. Includes 1 Speed/Intervals session mid-week plus 1 longer group run (can adjust distance based on goals/level).

30min class (speed/interval)

Long run = varying times

ACCESSORY

Functional body building with Brayden. Highly beneficial for strengthening smaller accessory muscles. Perfect for injury prevention or rehab. Think stronger and more stable shoulders, core, hips, knees!

45min class

PERFORMANCE

For competition athletes. Train with the coaches, must know how to scale appropriately.

120min class

BARBELL CLUB

Free for unlimited members. This class is programmed but uncoached. Extra OLY skills and barbell strength work to supplement training.

45-60min class