



CrossFit Rates

Monthly Membership.....\$55

This includes unlimited access to all CrossFit and CircuitFit classes, as well as any open gym hours. Please note that this is in addition to the regular monthly dues for a LGSRC membership.

Foundations.....\$75

This includes three 50 minute classes, required for all members new to CrossFit.

CrossFit Personal Training (50 min)....\$55-\$70

Single one-on-one session with one of our expert coaches.

CrossFit Private Programming (50 min) \$55-\$70

2-week program designed for you by one of our expert coaches.

Foundation Test-Out (30 min)..... \$35