

C R O S S F I T

**LEMAN**

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PRICELIST 2023-2024



## FOUNDATIONS OPTIONS - 2023-2024

Our foundations options are really the best way to start your CrossFit journey. You will spend one on one time with a coach who will teach you how to complete the foundational movements.

SERVICES	EXTRA PLUS CHF 365	MOVEMENT CHF 295	BASIC CHF 120
Personal Training	5x30min or 3x45min	3x30min or 2x45min	3x30min or 2x45min
Before and After InBody Biometric Scan and Consultation	✓	✓	✗
4 weeks of Unlimited Group CrossFit Classes	✓	✓	✗
Workout and Performance Tracking App	✓	✓	✗
Absence Emails	✓	✓	✗
Total Value of offer	450.–	350.–	150.–
Saving	85.–	55.–	30.–



## NUTRI-CHALLENGE 2023-2024

With this 6-week challenge, you will adopt new habits in a group setting, guided by a coach who will assist you in achieving your personal goals and building healthy and sustainable habits.

SERVICES	FULL ACCESS CHF 615	NO ACCESS CHF 395	CFL MEMBER CHF 275
Nutrition Consultation	2	2	2
Before and After InBody Biometric Scan and Consultation	✓	✓	✓
6 week challenge	✓	✓	✓
Access to private What's App channel with coach	✓	✓	✓
Life changing habits and strategy on how to implement them	✓	✓	✓
Messages via watsup group about nutrition education and information	✓	✓	✓
T-shirt once Nutrichallenge completed	✓	✓	✓
Unlimited access to training facilities during 6 weeks	✓	✗	Included
Total Value of offer	770.–	470.–	335.–
Saving	155.–	75.–	45.–



## NUTRITION COACHING 2023-2024

A Precision Nutrition certified coach will provide personalized counseling to help you achieve your specific goals over 6 weeks or more, depending on your objective. Progress is monitored with an extremely precise InBody scanner.

SERVICES	3 MONTHS CHF 570	ADDITIONAL MONTHS CHF 205	CONSULTATION CHF 100	10 TIMES CARD CHF 850
Nutrition Consultation	✓	✓	✓	✓
Custom Nutrition Strategy (based on individual goals)	✓	✓	✓	✓
PRIVATE Nutrition Program	✓	✓	✗	✓
Meetings with Nutrition Coach	6	2	1	10
Program Changes In Line With Performance and Progress	✓	✓	✗	✓
InBody Body Fat and Composition Testing for each consultation	✓	✓	1	✓
Access to Coaches for Q & A	✓	✓	✗	✓
<b>Total Value of offer:</b>	700.–	250.–	-	1000.–
<b>Saving</b>	155.–	55.–	-	150.–
<b>Price for CrossFit Leman members</b>	465.–	175.–	75.–	720.–

All Individual programs must be paid in advance. Any missed sessions cancelled less than 24 hours prior will be invoiced.

## GROUP CROSSFIT OPTIONS 2023-2024

CrossFit group classes are an accessible and inclusive small-group training option. Our experienced coaches will work with you to modify the workouts to suit your unique goals and abilities. Our coaches are committed to your success. Choose the option that will best serve you and your goals.

SERVICES	PLATINUM CHF 340/4080	GOLD CHF 170/2040	SILVER CHF 180/1080	BRONZE CHF 585	COPPER CHF 200
<b>Duration</b>	12 month contract	12 month contract	6 month contract	3 month contract	1 month contract
<b>Payments</b>	12 x 340.–	12 x 170.–	6 x 180.–	1 x 585.–	1 x 200.–
<b>Welcome Gifts</b>	CFL T-Shirt & Socks	CFL T-Shirt	CFL Socks	None	None
<b>Group CrossFit Classes</b>	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED
<b>InBody Biometric Scan and Consultation</b>	4	4	2	1	Not included
<b>Goal-setting and Goal Review</b>	✓	✓	✓	✓	✓
<b>Workout and Performance Tracking App</b>	✓	✓	✓	✓	✓
<b>Community Events and Workshops</b>	✓	✓	✓	✓	✓
<b>Absence Emails</b>	✓	✓	✓	✓	✗
<b>Absence Holds (1 week minimum; 6 weeks maximum for Platinum &amp; Gold, 4 weeks maximum for Silver)</b>	✓	✓	✓	✗	✗
<b>Referral Program</b>	✓	✓	✓	✗	✗
<b>Yoga classes</b>	✓	✗	✗	✗	✗
<b>Nutrition coaching discount</b>	-10%	✗	✗	✗	✗

\* Must first complete either of our Foundations programs, have a CrossFit Level 1 or have sufficient CrossFit experience to move straight into a membership.

\*\* All memberships are monthly recurring payments. Memberships are non-transferable and non-refundable. You must notify CrossFit Léman via email at [train@crossfitleman.ch](mailto:train@crossfitleman.ch) before the next billing cycle if you wish to cancel. An early cancellation fee of CHF 200.- will be charged.

\*\*\* If you wish to pay in full in advance (Platinum 4080.-, Gold 2,040.-, Silver 1,080.-) we will extend your membership to 13 months for Diamond&Gold or 6.5 months for Silver, however an early cancellation of the membership will not be possible and we do not issue refunds.

\*\*\*\* The referral program is only applicable to members who referred someone. If the person referred chooses Diamond or Gold, the member will receive an extension of 4 weeks, and if they choose Silver, the member will receive an extension of 2 weeks.



## INDIVIDUAL TRAININGS 2023-2024

At CrossFit Leman we believe that the best way to help you is to start with what YOU want. Individual Training was created just for YOU. It is built around YOUR likes, YOUR schedule and YOUR progress.

SERVICES	<b>GOLD</b> CHF 1,850	<b>SILVER</b> CHF 950	<b>HOURLY</b> CHF 100	<b>SKILL SESSION</b> CHF 50
<b>Personal Training</b>	20 HOURS	10 HOURS	1 HOUR	30 MINUTES
<b>Custom workouts for individual needs</b>	✓	✓	✓	work on 1 skill
<b>Monthly InBody Body Fat and Composition Testing</b>	✓	✓	✗	(snatch, TTB, DU etc.)
<b>Testing to Track Progress</b>	✓	✓	✗	
<b>Program Changes In Line With Performance and Progress</b>	✓	✓	✗	
<b>Access to BTWB App</b>	✓	✓	✗	

All Individual programs must be paid in advance. Any missed sessions cancelled less than 24 hours prior will be invoiced.



## OTHER GROUP TRAINING OPTIONS 2023-2024

CrossFit group classes are an accessible and inclusive small-group training option. Our experienced coaches will work with you to modify the workouts to suit your unique goals and abilities. Our coaches are committed to your success.

Choose the option that will best serve you and your goals.

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SERVICES	TEENS CHF 145	YOGA CHF 200	BASIC CHF 295	DROP IN CHF 30
Duration	1 month contract	1 month contract	4 months contract	1 time participation
Payments	1x145.–	1x200.–	1x295.–	30.–
Group CrossFit Classes	UNLIMITED	✗	Limited to 10	Limited to 1
Workout and Performance Tracking App	✓	✓	✓	✗
Community Events and Workshops	✓	✓	✗	✗
Goal-setting and Goal Review	✓	✗	✗	✗
Absence Emails	✗	✗	✗	✗
Absence Holds	✗	✗	✗	✗
Referral Program	✗	✗	✗	✗
Yoga classes	✗	✓	✗	✓

\*Teens membership available for age 13-16 years old only

\*\*no discounts applicable for Teens membership

\*\*\*Drop in can be used for Yoga classes