

## CrossFitHub.com Membership

| <b>Membership Available</b>                                     | <b>Amount</b>  | <b>Comments</b>               |
|---|--|-------------------------------|
| <b>Regular Membership</b>                                       | <b>Unlimited –<br/>only \$150 per month<br/><i>(best value!)</i></b> |                               |
| <b>Student Membership</b>                                       | <b>\$100/month (unlimited)</b>                                       |                               |
| <b>Uniform Groups</b>   | <b>\$100/month (unlimited)</b>                                       |                               |
| <b>Senior Membership<br/>(older than 55 and above)</b>          | <b>\$100/month (unlimited)</b>                                       |                               |
| <b>Casual / Drop In</b>   | <b>\$25/session</b>  |                               |
| <b>Corporate Package /<br/>Personal Private<br/>Instruction</b> |  | <b>Please call to enquire</b> |

**No Yearly Membership Fees.**

**No Contracts.**

**You only pay for the Membership you have chosen.**

**SMS/Call 84223062 to enquire for your compulsory CrossFit  
Fundamental Course and Intro Class (1 Hour Session). You will  
be taught CrossFit CORE concepts and movements. 😊**

**No Walk-ins. Must Register.**

We want our members to regularly attend our sessions,  
train hard and play hard, enjoy our CrossFit community and  
experience the benefits of the CrossFit method.

Thus, there are no joining fees or fixed term contracts.  
Memberships can be cancelled at any time

**Address:**

Citimac Building (besides Tai Seng MRT),  
605 Blk B, MacPherson Road, #07-11, Singapore 368241  
(Located just besides Tai Seng MRT!)

**Contact:**

65-84223062 / 90370296

## Training/Class/WOD Sessions

| Time             | Mon      | Tues     | Wed      | Thurs    | Fri      | Sat  | Sun  |
|------------------|----------|----------|----------|----------|----------|--|--|
| 7:00AM - 8:00AM  | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |  |  |
| 8:00AM - 9:00AM  |          | CrossFit |          |          | CrossFit |  |  |
| 6:30PM - 7:30PM  | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |  |  |
| 7:30PM - 8:30PM  | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |  |  |
| 11:00AM -12:00PM |          |          |          |          |          | CrossFit   | CrossFit   |
| 12:00PM - 1:00PM |          |          |          |          |          | CrossFit   | CrossFit   |
| 10:00AM -11:00AM |          |          |          |          |          | CrossFit<br>Fundamental<br>Course<br>(no walk-ins,<br>must register) | CrossFit<br>Fundamental<br>Course<br>(no walk-ins,<br>must register) |

Please sms/call us at 84223062 or email [CrossFitHub@gmail.com](mailto:CrossFitHub@gmail.com) to book first before you come for any WOD/training session.

### Coach Yun Profile

- ~ CrossFit Level I Certified Trainer
- ~ CrossFit Running Certified Trainer
- ~ 3 Time 'SAFRA AVventura' Adventure Racing Champion (Open Category)
- ~ Singapore Adventure Racing Champion (Open Category)
- ~ SEA Games National Athlete Representing Singapore (2005)
- ~ Northface Duo 100KM - 6th in 2008, 5th in 2009
- ~ Runner for the 218KM Run

***“CrossFit Prepares You for  
the Unknown & Unknowable!”***



**Come to a fun, friendly and conducive environment! 😊**

“It is exercise alone that supports the spirits,  
and keeps the mind in vigor.”  
~ Marcus Tullius Cicero

“Movement is a medicine for creating change in  
a person’s physical, emotional, and mental states.”  
~ Carol Welch

“Fitness – if it came in a bottle,  
everybody would have a great body.”  
~ Cher

**If you like to purchase a CrossFit Hub Monthly Unlimited Membership as a Gift for a loved one or friends, please enquire with us at 65-84223062.**

Regular updates on our blog  
[www.CrossFitHub.com/blog](http://www.CrossFitHub.com/blog)





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**After your FREE intro class, if you feel you like our facility and training environment, you may then sign up for a CrossFit Membership, please following the step-by-step instructions here:**

**<http://CrossFitHub.com/membership/>  
(scroll down for instructions)**

*“I have learnt a lot of new techniques and skills to approach the various exercises in the correct way. The CrossFit trainers are very helpful and display great knowledge in what they are teaching. They are patient and ensure the students understand. The training environment at Crossfit Hub is very positive and everyone encourages each other there. It is awesome!”*

**~ Sock Hwee (Singapore National Golf player)**

*“I really like the instruction part in the beginning just to refresh and relearn each of the movements. In the short time I have been here I feel that my form on a lot of exercises has improved. The CrossFit Workouts benefits me by improving my strength, endurance, explosiveness and power. All of these except endurance are important to my sport. It also helps my flexibility which is important. On top of this, my overall fitness is improved which improves my standard of life. I'll be sure to let anyone back home who will be heading over here know about **CrossFit Hub**”*

**~ Ryan Helfrich (Springboard diving athlete from USA, visited Singapore as a student and intern)**

*“Workouts at CrossfitHub are great! Improve my mental toughness, physical endurance and most important of all my discipline towards all things in life. Crossfit hub is a great place to meet new friends from difference parts of the world who really love fitness, love crossfit and the people that i met they are very nice people!...Friendly trainers...an environment that gives me the motivation to push hard for every WODs and aim for the best...”*

**~ Eddie Pee (Singapore custom officer)**