CrossFitHub.com Membership

Membership Available	Amount	Comments
Regular Membership	**Unlimited – only $160 per month (*best value!*)**	
Student Membership (applicable to only local students)	**$110/month (unlimited)**	
Senior Membership (older than 55 and above)	**$110/month (unlimited)**	
Casual / Drop In	**$30/session**	
Corporate Package / Personal Private Instruction		**Please call 84223062 to enquire**

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:
Irving Ind Bldg *(just behind Tai Seng MRT EXIT A)*,
3 Irving Road #01-01, Singapore 369522
(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		
9:00AM - 10:00AM						CrossFit	CrossFit
10:00AM - 11:00AM						CrossFit	CrossFit
11:00AM - 12:00PM						CrossFit Fundamental Course (no walk-ins, must register in advance)	CrossFit Fundamental Course (no walk-ins, must register in advance)
12:00PM - 1:00PM						CrossFit	CrossFit
5:30PM - 6:30PM	CrossFit		CrossFit				
6:30PM - 7:30PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:30PM - 8:30PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		

Please sms/call us at 84223062 or email at http://crossfithub.com/contact/
to book first before you come for any WOD/training session:
<NAME>, <CrossFit>, <Date/session time>

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 friend, please enquire with us at 65-84223062. You can also outsource fitness programs and workshops to CrossFit Hub. Call 84223062 for more details. Regular updates on our blog www.CrossFitHub.com/blog





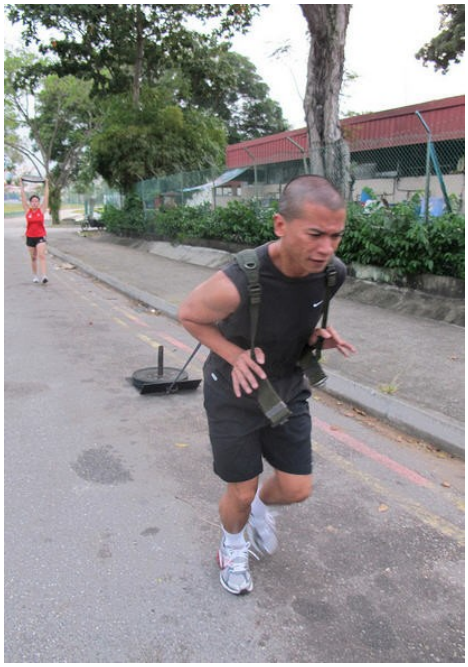

















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After your CrossFit Intro Class (1 hour session), if you feel you like our facility and training environment, you may then sign up for a CrossFit Membership for regular workouts at CrossFit Hub, please follow the step-by-step instructions here:

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 CrossFit Hub 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)