



# MEMBERSHIPS



# PRICING

## CROSSFIT GROUP CLASSES

Work out. Get fit. Be Happy.

**\$135**  
starting at

### MEMBERSHIP INCLUDES:

60 minute classes led by  
a certified coach

Quarterly goal setting sessions

Free childcare

Community Events

## NUTRITION COACHING

Creating a lifestyle  
of healthy eating

**\$239**/month

### MEMBERSHIP INCLUDES:

Expert guidance and  
daily accountability

Personalized plan

Supportive community

Measured results

## PERSONAL TRAINING

Personalized attention to  
achieve your goals

**\$70**/session

### MEMBERSHIP INCLUDES:

Personalized workouts

Quarterly goals setting

Lasting results

Flexible schedule

The goal of everyone at Xtra Mile Fitness is to help you live your best life. We achieve this through coaches who are dedicated to your goals, programs that get results, and a community of like minded people supporting you along the journey.

You will reach new physical and emotional levels you didn't think were possible and you will undoubtedly find yourself with a new social and support network, who will help you win your continued path to greater health and happiness!

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