



Monthly Memberships

Individual \$100/Month (\$25/Week : \$5/Class)

- Unlimited Classes
- 24/7 Access (Equipment Priority to group classes)
- Daily Programming: Warm-up, Skill/Strength, WOD, & Mobility
- Access to CrossFit, Weightlifting, Yoga, BootCamp, Endurance Classes and More
- Small group size, 10:1 ratio MAX
- Instruction by Certified Trainers

Family \$180/Month (\$22.50/Week : \$4.50/Class)

- Available to households of 2+ family members
- 20% Discount for additional family member
- Must live in the same household
- Payment from same account required

Student \$80/Month (\$20/Week : \$4/Class)

- 20% Discount
- Available to FULL TIME Students
- Student ID required from the University of Wyoming, LCCC, WyoTech, LHS, WHS, RSHS

Pre-Paid Membership Discounts (Non-Refundable)

		Individual	Family	Student
3 Months	5% Discount	\$285	\$513	\$228
6 Months	10% Discount	\$540	\$972	\$432
12 Months	15% Discount	\$1020	\$1836	\$816

Individual Class Rates Based on 5x/Week Class Attendance

Specialty Options

Nutrition Coaching \$50/Month

- Habit-Based coaching and guidance
- Individualized Program : Online & In-Person
- Unlimited email/text/phone access

*** Corporate Nutrition Classes & Seminars Available

Personal/Small Group Training

\$45/Hour

- Goal Specific Training
- Individual/Small Group Skill Sessions
- One-on-One & Personalized

Weightlifting Only Membership

\$80/Month

- Multiple weekly coach led sessions
- Individual Programming
- Video Analysis
- Focus on: Snatch, Clean & Jerk, Deadlift, Bench Press and Back Squat. Including dynamic pulling drills and other supplemental exercises for the Olympic and Power Lifts
- Does not include 24/7 Access

Fit4Life

\$100/10 Punch Pass Card

- Class specific for adults 55+
- Focus on balance, mobility and strength
- 2 classes per week
- This is not a Silver Sneakers Class

SilverSneakers

Free : \$3/Class

- Health benefit offered for FREE to members of 60+ Medicare Plans
- Small fee to those without the Medicare Benefit
- Four classes per week : M/W/F Circuit/Interval Training & T/Th Strength and Balance

Other

Class Punch Card

\$100/10 Punch Pass Card

- 10 Punch Class Pass
- 60 Day Expiration
- Available for variable/unpredictable schedules

ELEVATION SUMMER SCHEDULE

2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 A.M.		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:30 A.M.		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8:30 A.M.		BootCamp	CrossFit/Fit4Life	BootCamp	Yoga/Fit4Life	CrossFit	
9:30 A.M.		(Silver Sneakers)	(Silver Sneakers)	(Silver Sneakers)	(Silver Sneakers)	(Silver Sneakers)	

12:00 P.M.		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
1:00 P.M.		Teens		Teens		Teens	
4:30 P.M.		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5:30 P.M.		CrossFit	Weightlifting/CF	CrossFit	Weightlifting/CF	CrossFit	

Fall/Winter Schedule: 4:30am moves to 5:00am; Weekends are Open Gym but include a class TBD on Saturday or Sunday morning based on member request.