



# CrossFit Calgary Services



Service	Description	Price
Body Comp	Body composition analysis and 15 minute consultation	\$35
Assessment	Body composition analysis, physical assessment and consult	\$85/hour
Program Design	Includes program design (6-8 weeks) and 1 hour program demonstration	\$170
One on One Personal Training (PT)	1 hour personal training session with a Coach	\$75/hour + \$15/additional person/hour *up to a group of 3
Full Package	Assessment, Program Design with demonstration and (1) one on one PT session	\$325
Initial Nutrition Consultation	One 1 hour session plus one 30 min follow up	\$240
Follow up Session	30 minute follow up session scheduled 6 - 8 wks after initial assessment, based on the individual.	\$45

\*email [admin@crossfitcalgary.ca](mailto:admin@crossfitcalgary.ca) for more information or to book an appointment

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