

## Schedule:

Time	Classes Per Week	Days
5:00 - 6:00am	2x or 3x	M, W, F
6:00 - 7:00am	2x or 3x	M, W, F
7:30 - 8:30am	2x or 3x	M, T, Th
8:30 - 9:30am	2x or 3x	M, T, Th
Noon - 12:50	2x or 3x	M, T, Th
6:00 - 7:00pm	2x or 3x	M, W, Th
6:30 - 7:30pm	2x or 3x	M, T, Th
7:00 - 8:00pm	2x	T, Th

Check website for current schedule

## Pricing:

### Group Classes per 4 weeks

Frequency	w/ AutoPay	w/o AutoPay
3 Classes / Week	<b>\$150</b>	<b>\$170</b>
2 Classes / Week	<b>\$120</b>	<b>\$135</b>

**5% of class payments will go to a local charity**

One-on-one Personal Training Sessions: \$65/Hour

### Family Member (from same address):

1st Member – Full Price (Eligible for Discounted Memberships)  
 2nd Member – 30% Off (No Additional Discounts)  
 3rd + Members – 40% Off (No Additional Discounts)

**Discounted Memberships:** Guardian\*: We provide a 25% discount on all our services to the men and women who guard our well-being and whose lives (and the lives of the people they protect) depend on their being physically fit. This discount applies to members of the military, law enforcement, EMS and firefighters. Thank you for your service!

Student/Teacher/City Employee\*: 20% discount  
 \*please provide proof of ID for discounts

**Referral Program:** Receive \$25 off your invoice for each (up to 4) member that joins and continue to receive the \$25 discount as long as you are both members!  
 \* does not apply to 30% off or more memberships.

**Special Group Rates:** Call us for special group rates.  
 Effective 1/01/12

## Coaches:

### Ben McCue



Co-Founder and Head Coach at Milestone CrossFit (Hutto, TX), is a CrossFit Level 1 Certified instructor and is passionate about the life-changing possibilities of CrossFit.

Ben holds a Bachelors Degree in Exercise Sports Science from Texas State University.

Ben holds the following Certifications:

- \* CrossFit Level 1
- \* CrossFit Kettlebell w/ Jeff Martone
- \* CPR/AED Certified – 2010

### Amber McCue

Co-Founder and Head Coach at Milestone CrossFit (Hutto, TX), is a CrossFit Level 1 Certified instructor and CrossFit Kids certified. She is excited to bring a positive impact into the lives of children and adults.

Amber is working toward her Bachelors Degree in Education from Texas State University.

Amber holds the following Certifications:

- \* CrossFit Level I
- \* CrossFit Kids



### Conrad McCue

After playing two years of Division I soccer in TN, Conrad decided to finish his degree a little closer to home.

Conrad is perusing a degree in Exercise Sports Science at Texas State University.

Conrad holds the following Certifications:

- \* CrossFit Level I
- \* CPR/AED Certified – 2010



## CrossFit FAQ

### Do I need to be in shape before I start?

One of the best aspects of CrossFit is that the program is completely scalable allowing us to coach anyone, young or old, beginner or elite athlete.

### What will I be doing in a CrossFit Class?

Each hour class will include:

- Instructor lead warm up
- Coached skill & technique work
- WOD (Workout of the Day) is a varied combination of strength & conditioning
- Instructor lead cool down & stretch

### Can I Choose Multiple Class Times?

We have you select 1 class for the 4 weeks to ensure classes don't exceed coachable limits and that you can become accountable to your coach & class.

### Is CrossFit Too Intense For Me?

Many of our members thought this before they joined. It can look intimidating. Since CrossFit is scalable, you might not be using as much weights as the person next to you, but you're still doing the workout. Ask about our Saturday workouts. They are a great way to Try Us Out!

## How Do I Start?

That's easy, just contact us to schedule your start date! Only 1 form to fill out, no contracts.

Your first 3 classes will be Elements training. Elements emphasizes skill development and exposure to the basic movements of CrossFit training. The objective is to teach proper technique to ensure your safety and success.

Feel free to come out anytime to watch a class but please contact us in advance to make certain that we are available to meet with you.

**Stop Working Out Alone**



# What is CrossFit?

CrossFit is the most effective and fastest growing strength & conditioning training method. Our workouts are a system of constantly varied functional movements executed with high intensity. Instructor led, hour long group sessions; creating an atmosphere of team support, motivation and fun.



CrossFit's greatest quality, however, is that it is easily adaptable to men and women of all fitness levels, of all ages, and from all walks of life. Businessmen, housewives, teachers, high school athletes, and even grandparents will all complete the same workouts but scaled to their level. The fitness needs and physical requirements of our members differ only by degree.

*Come find out what CrossFit is to you!*

**Your Community GYM**



## Member Testimonials:

**Michele:** "I like the group atmosphere & the attention you get from the coaches with your form and pushing you a little bit harder than if you were working out by yourself"

**Arthur:** "I'm most proud of my ability to go into that unknown zone. Where normally if you're training by yourself you get to that certain area where 'that's good enough' and CrossFit is not about that. It's about working in that uncomfortable zone and finding new limits."



**Josh:** "I like that it's a different workout every time and everyone's always pushing each other"

**Kathy:** "I don't just like CrossFit, I love it; it's like one big giant family!"

**Denise:** " "I feel like I'm stronger & I'm losing weight."

**Tamara:** "I felt bored and I wasn't getting anywhere with my old program."



**FORGING ELITE FITNESS**



**Pursuing Excellence; Strengthening the Community**

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[www.milestonecrossfit.com](http://www.milestonecrossfit.com)

