



**BUILDING ATHLETES
BUILDING A FIT COMMUNITY
BUILDING FIT FAMILIES**

HIGH SCHOOL TRAINING

Athletes must be in high school to receive this pricing structure. parental permission must also be granted and the waiver must be submitted.

Monthly Unlimited Membership:

- \$75.00 per month
- Athletes may attend any class scheduled under the unlimited membership program, they may also attend multiple classes a day.

Punch Card:

- \$25 for 5 classes hours
- Athletes may attend 5 class hours, these hours may be any regular class hours on the schedule or it may be used for specific training times designated by your coach.

Drop In Fee:

- \$7 per class
- This entitles the athlete to one training class per drop in fee. It must be paid before training.

Program fees are non-refundable.

Please email info@crossfitstallings.com to register. Please include your child's full name, address, phone number and the high school they attend along with their coaches name.

Please make checks payable to CrossFit Stallings.
There is a \$25 return check fee.

CrossFit Stallings
3332 Smith Farm Road
Matthews, NC 28104
704-507-3196 - text or cell
[www. CrossFitStallings.com](http://www.CrossFitStallings.com)
[Facebook.com/crossfitstallings](https://www.facebook.com/crossfitstallings)
info@crossftstallings.com

Athletes are required to:

- work hard
- show up on time
- dress appropriately
- respect the equipment
- no cursing allowed
- respect the coaches
- respect each other
- show encouragement to all
- show integrity and honesty

TRAIN STRONG