



Membership:	Cost:	What you get?
Unlimited	Weekly: \$55 / Monthly: \$225	Unlimited classes (incl. "CrossFit" & Olympic Weightlifting) at Southern CrossFit and Open Gym access outside class times. That's between \$6 -\$9 per session!
3 x Per Week	Weekly: \$45 / Monthly: \$190	3 classes per week (incl. "CrossFit" & Olympic Weightlifting) at Southern CrossFit and Open Gym access outside class times. That's only \$15 per class for a fully coached CrossFit or Olympic weightlifting Class!
2 x Per Week	Weekly : \$40/ Monthly: \$170	2 classes per week (incl. "CrossFit" & Olympic Weightlifting) at Southern CrossFit and Open Gym access outside class times. That's only \$20 per class for a fully coached CrossFit or Olympic weightlifting Class!
Open Gym	Weekly: \$30 / Monthly: \$125	Unlimited access to Southern CrossFits Open Gym hours outside class times.
Casual Drop-in	\$30 Per Class	A fully coached CrossFit or Olympic Weightlifting Class.

All prices are based on our direct debit plans

***15% Discount for all Military, fire-fighter, police and first response personnel
* Discount Student rate also available on request!**

Personal Training:	Cost Per Hour:	What you get?
1 on 1	\$75	An individually tailored program, personally coached by one of our fully qualified personal trainers
Small Groups 2 – 4	\$120	All the benefits of personal training in a small group of your friends minus the costs of 1 on 1 training!

Contact Us today to get started!