

Welcome to the CrossFit Auckland family. Following is a range of information that will get you acquainted with the club and a few courtesy rules. *If there's anything we can help with – please ask.*

ATTENDANCE

Please scan your membership card on entry.

If you have not yet collected your membership key tag, please ask the coach on your next visit.

We appreciate 24hrs notice of your non-attendance. You are welcome to book a 'make-up session' at the time of cancellation; missed sessions are not held in credit.

Personal Training members: a minimum of 24hrs notice to CFAK is required if you are unable to make your session. We are happy to re-schedule your PT if you provide more than 24hrs notice; no-shows and late cancellations are not held in credit. *Please understand that your regular coach may not be available at alternate times.*

MEMBERSHIP SUSPENSIONS – DIRECT DEBIT MEMBERS

Direct Debit Members are entitled to suspend your membership in 1 week blocks, for a maximum of 4 weeks per calendar year. Please give us 1 week advance notice when you require suspensions.

CLASS BOOKINGS

If you require a change to your permanent class reservations, please give us as much notice as possible and we will accommodate you as long as there is available space in your class/es of choice.

ILLNESS

For your own health and recovery, we encourage you to rest if you are unwell.

Out of respect for the health and wellness of fellow members, please do not attend if you have a cough, and if you use tissues while in the facility, please flush them down the toilet to prevent spread of germs.

Will you please phone to let us know if you are not attending your training session? Thank you.

MEMBERSHIP UPGRADES/TYPES

You may upgrade your existing membership at any time to include additional class bookings or one-on-one coaching. Class membership fees reduce slightly per class as you increase exercise frequency.

Sports team and corporate group membership rates are available - please enquire if you have teams of 10+ or 20+.

WATER and TOWEL

We recommend you stay well hydrated at all times to increase your performance, and bring a water bottle and sweat towel to workouts. Bottled water is also available for purchase from the vending machine.

VENDING MACHINE

There are drinks and snacks available for purchase from the vending machine on site.

STRAPPING TAPE

Strapping tape is available for purchase at a discounted price of \$10 per roll for members' convenience.

CHALK

Chalk is provided for your convenience as an alternative to training gloves. Please rub your hands well 'in-side' the bucket.

LOCKERS

Lockers are provided as a courtesy while in the club. Please use the lockers for personal belongings rather than leaving them in workout areas. Please understand that we accept no responsibility for the safety of your personal affects. If you do not have a padlock, you can purchase one for \$10. Please empty the locker and take all belongings with you.

APPAREL

Under Armour performance clothing is available by order – Members receive 10% Discount.

CFAK branded items are on display in the club at marked prices. CrossFit Auckland branded designs can also be added at additional cost to your purchases. You are welcome to view our 'made to order' training gear on-line at crossfitauckland.com; the prices quoted are inclusive of the screen print or embroidery design and GST.

WHAT'S ON

Visit www.crossfitauckland.com regularly to stay up to date with What's On, Education Courses, Member Events, Nutrition updates, School Holiday Programmes and more. Web content is updated regularly, use the Tabs in the left hand side bar to navigate the various topics on our site.

POST YOUR WOD TIME!!

To date Alex has been posting daily member results (completion time only) to the WOD comments. We'd love members to take a note of your full results, jump on the site and proudly post your workout time and scaling. It's also very motivating to keep a training diary to record your results and track your progress.

Why do we post the WOD's I hear you asking...?

Because this is living proof of your training progress and results! For example, if you type 'Murph' in the search engine in the right top corner of our website, you will see every occasion to-date that 'Murph' featured as a WOD. You can view the most recent time you performed 'Murph' or even the first time ever that you performed 'Murph' to see how far you've progressed.

FREE SKILLS CLASS – CROSSFIT ELEMENTS

The CrossFit Elements class is free to members and non-members and breaks down the technical skills of fundamental exercises that you will see featured in WOD's. We recommend that you attend these as often as you're available, you'll pick up great skills and tips and train your body to move more effectively and efficiently.

Bookings are essential as places are limited to 12.

MEMBER GUESTS

If you have a friend or family member who would like to give CrossFit a try, as your guest their first workout is Free – you just need to let us know and book them in. Casual workouts are \$28 for Adults and \$24 for Students.

We look forward to getting to know you a whole lot better!

The CrossFit Auckland Team

As an additional service to our members we have arranged '**special offers and discounts**' with supporting and affiliate business's. You will also find quick links to these websites in the right hand side bar of **CrossFitAuckland.com**.



After 56 years of providing unequalled service, Fifth Avenue Diamond Jewellers are proud to continue offering a remarkable selection of the highest quality Diamond Jewellery and prestige Swiss watches.

Stockists of: Tag Heuer, Rado Tissot and Longine Watches.

We are proud to offer our support to CrossFit Auckland, and extend a generous offer to CrossFit Auckland members. Presentation of your membership card will entitle you to save the GST (**12.5% Discount**) on purchases in-store.

Special conditions apply:- Not available on Sale goods, Speciality pieces, Pandora and Mont Blanc.



It started with a simple plan to make a superior T-shirt. A shirt that provided compression and wicked perspiration off your skin rather than absorb it. A shirt that worked with your body to regulate temperature and enhance performance.

Under Armour's mission is to provide the world with technically advanced products engineered with superior fabric construction, exclusive moisture management, and proven innovation. Every Under Armour product is doing something for you; it's making you better.

CrossFit Auckland offer Members a **10% Discount** on New Zealand Under Armour product ordered through the club.

Special conditions apply:- Not available on accessories or CrossFit Auckland branded items.