



CrossFit Westborough

If you want to get fit, drop body fat, get visible abs fast then you should get to know CrossFit. Haven't heard of it? You will soon!

CrossFit is a highly challenging exercise regimen based on athletic principles, using functional movements which make you as physically fit as you can possibly be and strengthen your body to tackle any task thrown at it.

CrossFit Westborough Pricing

Adults:

Unlimited Monthly Classes

- \$50 per month for all year full service family members taking Adult classes
- \$100 per month, for an Adult in an all year 2 sport membership
- \$125 per month for Adults (all other memberships)
- Non-Members: \$150 per month for Crossfit membership ONLY

Juniors:

Unlimited Monthly Classes

- Members: \$75 per child, per month; \$50 for each additional child in the same family
- Non-Members: \$100 per child, per month; \$75 for each additional child in the same family (EFT on file required)

**For more information, contact
Cyndy Bohn (cbohn@wtsc.com)**



CrossFit Schedule revised 6/3/19 for Summer

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
5:00 AM							
:15							
:30		CF Adult		CF Adult		CF Adult	
:45		Natalie		Sarah		Sarah	
6:00 AM							
:15							
:30							
:45							
7:00 AM		CF Adult		CF Adult		CF Adult	
:15		Natalie		Sarah		Sarah	
:30							
:45							
8:00 AM		CF Adult	CF Adult	CF Adult	CF Adult	CF Adult	CF Adult
:15		Cyndy/ Natalie	Cyndy	Cyndy	Cyndy	Cyndy	Cyndy
:30							
:45							
9:00 AM							
:15		CF Adult	CF Adult	CF Adult	CF Adult	CF Adult	
:30		Cyndy	Cyndy	Cyndy	Cyndy	Cyndy	
:45							
10:00 AM	CF Adult Malcolm						
3:00 PM						FRIDAY	
:15						(starting 6/21/19)	
:30		CF Teen/ Adult		CF Teen/ Adult		10:30am CF Teen/ Adult	
:45		Sandra		Sandra		Nat and	
4:00 PM							
:15							
:30		CF Kids		CF Kids		11:30am CF Kids	
:45		Sandra		Sandra		Nat	
5:00 PM							
:15							
:30			CF Adult				
:45			Sandra				
6:00 PM		CF Adult		CF Adult			
:15		Sandra		Sandra			
:30			CF Adult				
:45			Sandra				
7:00 PM							
:15							