

# NICE TO MEET YOU

## TRY A CLASS FOR FREE!

Come in for any class on the first and third Thursday of each month to see What CrossFit Bear is all about.



**ONE-ON-ONE  
INTRO SERIES**  
2 SESSIONS//\$225

INCLUDES ONE MONTH  
OF FREE MEMBERSHIP

(\$295 Value)  
TO REGISTER, CLICK "EMAIL  
NOW" BELOW



**COME TO ANY SCHEDULED CROSSFIT CLASS**



## THE PROCESS

Eat clean, Train hard, Live life. This is  
where the magic happens!

- WORKOUT 4-6X/WEEK
- EAT REAL FOOD, NOT TOO MUCH, MOSTLY FRESH
- HUMBLE, HUNGRY, HAPPY



## MONTH OF MENTORING

Our coaches will guide you through the CrossFit world. During your first month, you'll chat with your coach about workouts, nutrition, and mindset.



## QUARTERLY CHECK- IN

Nothing is more fun then results- we'll help you track your results with CrossFit Bear's Fitness index

