

### **What are your class times?**

We don't have set class times. We understand people have busy schedules and can't always make it exactly on the hour. We warm you up, go over the WOD and run you through it as you show up. Quite often it works out that WOD's are done in groups. Another reason we don't have set class times is we don't always have everyone do the same WOD.

### **When are you open?**

We are very flexible with our training schedule. For first timers we schedule the first meeting outside normal operating hours so we can spend more time on instruction and explanation of the WOD. Since we are providing personal training we prefer smaller groups and encourage 1 on 1 training be taken advantage of (there is no extra cost for that). If you prefer a group atmosphere our 6pm time frame seems to be the busiest.

### **Can I come by and check out the gym?**

Yes. You are more than welcome to check out the gym Monday to Friday between 4:30pm and 7:30pm. Also your first training session scheduled with us is free. We do this because it allows you to get a feel for the gym and our trainers and see if it's a good fit for you.

### **Do I need to take a fundamentals course to join?**

No. At Sparta Fitness we feel that it's our duty as your trainer to provide you with the necessary tools to complete the workouts. Fundamental are included with your monthly membership. The 9 fundamentals we teach you are as follows: squat, front squat, overhead squat, press, push press, push jerk, deadlift, clean and snatch. We will teach you many other things over the course of your membership but these exercises are the foundation of most crossfit WOD's.

### **I'm in the Navy and go underway several times per month what membership options do I have?**

We offer a punch card for those situations. Twelve sessions for \$100 with a 6 month expiration.

### **Do you have military/fire/law/student discounts?**

Sort of. We offer a group discount rate that applies to any group whether its one listed above or people from the same office building. Basically we require a minimum of 5 people from the same organization to join and they receive a 20% discount. There are some specific rules that apply. If you need more details email me and I will explain.

### **Do you provide nutrition advise?**

Yes. We explain the Paleo and Zone diet to you. Provide you with sample meal plans and suggestions on how to start. We will also review weekly food logs with you if you choose to keep one. The nutrition advise is included with your membership.