



## STEP 1: FOUR BARREL 101

Four Barrel 101 is our getting started program. Experience the world class coaching and one of a kind atmosphere at Four Barrel. Your first 2 weeks are free, after that, it's \$99 for your next 4 weeks (2 more weeks to finish 101 + 2 weeks of unlimited group classes). During Four Barrel 101 we work to understand your goals, take you through full mobility and bodyfat assessments, teach how to move and train properly, and prepare your body for our regular classes.

## STEP 2: MEMBERSHIP

### ESSENTIALS MEMBERSHIP

Unlimited access to all of our group classes:

#### **CrossFit**

Our flagship program. CrossFit classes are high intensity total body functional workouts focused on strength and conditioning.

#### **LeanX**

LeanX is a high intensity conditioning class focused on interval-style WODs and lower impact movements. LeanX is a great compliment for anyone looking to improve their conditioning or focus on extra fat loss.

#### **Tune-Up (NEW!)**

Tune-Up classes focus on stability, mobility, and recovery to keep you healthy and unlock performance. The perfect compliment to CrossFit and LeanX.

**Unlimited Open Gym Access**  
**Gym Events & Select Special Programs**

**\$169/mo with 3mo Agreement**  
**\$149/mo with 12mo Agreement**

### ELITE UPGRADE

Includes all of the benefits of our Essentials Membership, plus:

#### **Individualized Program Design**

A program written by one of our expert coaches targeted specifically for your needs and goals.

#### **Individualized Coaching**

Meet individually with your coach each month to check progress, adjust programming, help with movements, and answer any questions you may have.

#### **Coaching Support**

Your coach will always be available by phone or email to answer program or training questions as well as to keep you motivated toward your goals. Also, a coach will always be available to answer questions during your training.

**Essentials Membership + \$99**