

# Get Twisted...

At **Twisted "A" CrossFit**, we specialize in small group fitness training. Our workouts are short, fun, and much more effective than spending hours on a treadmill.

**CrossFit** Forging Elite Fitness

## Schedule & Price

### CrossFit Classes

**Monday – Thursday**

*Mornings – 6:00 AM – 6:45 AM*

*Evenings – 6:00 PM – 6:45 PM*

### Pricing Options

2x per week, for a month - \$100

3x per week, for a month - \$140

4x per week, for a month - \$160

Drop in Rate - \$20

Elements - \$50 (this fee will be credited to your first month's enrollment)

Our classes run on a monthly basis, starting at the first of the month. You can join after programs have started anytime – contact us for a prorated price. We offer a 10% discount if you sign up for minimum 3-months or if you are employed in the education industry. *Special 15% discount for Police, Fire, & Military.*

**\*\*\*NEW LOCATION: 10500 North IH-35, Austin 78753\*\*\***

We are located on the frontage road off IH-35 south of Braker Lane just past Golf Smith in the large warehouse next to Affordable Portable.

### **What makes Twisted "A" CrossFit the right fit for you?**

We are not your average \$20/month gym. We're a lot more. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We've used our same routines for elderly individuals with heart disease and cage fighters on month out from televised bouts. We scale load and intensity; we don't change programs.

**CROSSFIT** works for anyone and everyone.....

### **Contact Information:**

**Sgt. Rodney Anderson AISD Police Department @ 512-844-2538**

**Michelle Schlenker @ 512-964-5027**

[www.twistedafitness.com](http://www.twistedafitness.com)