

CRUNCH RICHMOND CORPORATE MEMBERSHIP OPTIONS

**\$0 ENROLLMENT FEE.
NO LONG-TERM CONTRACTS.**

BASE \$14.95/mo

- Workout essentials
- Locker rooms with showers
- Power Half Hour circuit training

PEAK RESULTS \$24.95/mo

All Base membership amenities plus:

- Access to all Crunch locations*
- \$10 discount on Annual Maintenance Fee[^]
- Awesome group fitness and HIIT classes
- Free guest privileges
- Tanning and Hydromassage[®]
- Access to a pool and sauna
- Crunch Live access
- Kid's Crunch babysitting

[^]Annual Maintenance Fee of \$49.95 for a Base membership will be billed once per year. Annual fee is due 60 days after joining.

CANCELLATIONS

No cancellation fee. Crunch requires a 30-day notice to cancel any membership. All memberships are month-to-month after 60 days with no cancellation fees.

**Like working out with family?
No problem – they get the same great deal!**

Pricing applicable to the Corporate Base and Corporate Peak Results memberships at the location listed at www.join.crunchmemberperks.com. A minimum of five active memberships is required to utilize the corporate membership discount. Offer valid for new and upgraded memberships only. Current members that are employees will have their agreement rewritten to corporate partner membership rates with proof of employment upon next billing cycle. Must be 18 years or older, present proof of employment and present valid photo ID. Immediate family members of employees are eligible to receive the discount as long as the employee is already a member of the corporate membership program and is living in the same household. A \$49.95 yearly annual fee applies 60 days after enrollment to Base memberships. Peak Results memberships will have a \$10 discount to the annual fee. A \$49 downgrade fee required when downgrading to the Base membership. Pricing applicable only to Crunch Richmond locations and does not apply to corporate discounts at other Crunch locations outside of the greater Richmond area. The amenities listed are not available at every Crunch Richmond location, but are accessible with the Peak Results membership tier. This brochure does not qualify as proof of employment. See club for details. © 2020 Crunch IP Holdings, LLC

*For a full list of Crunch locations, please visit Crunch.com. Corporate membership valid to new members only at the specified locations.

WHY CONSIDER PERSONAL TRAINING?



MORE MOTIVATION

Our personal trainers are experts at amping up energy levels. They'll cheer you across the finish line and beyond.



CUSTOM WORKOUTS

You'll get a plan tailored to your individual needs so you can reach your goals more effectively and efficiently.



REACH GOALS FASTER

Personal training removes trial and error and going directly to what works from the start.



CREATING THE RIGHT FORMULA

Your trainer will advise you on proper nutrition and supplementation, proper cardio exercise and resistance training.

DID YOU KNOW?

**New members get a complimentary
Kick Off fitness assessment with one
of our Crunch personal trainers!**



CRUNCH

FIND YOUR CRUNCH TIME



These fast-paced, fiercely fun workouts with booming music and non-stop motivation will push you to do what you didn't think was possible. Once your heart starts pounding you'll get it.

You'll be challenged but never defeated and leave feeling like your best self.



State-of-the-art training ground



Heart-pumping, team-based HIIT workout



Unlimited classes, unbelievable price

HIITZone™
FUNCTIONAL TRAINING GROUND

Get a group together and find your strength in numbers! Our off-the-wall classes are hardcore sweat fests designed to get you moving, shaking and burning in every way imaginable.



CHISEL IT

Sculpt the muscles on your muscles.



MIND BODY BURN

Omm-mazingly strengthening!



CARDIO & DANCE RHYTHMS

Feel the rhythm while you feel the burn.



ACTION SPORTS

Your heart rate is about to raise the roof with our action-packed classes.

Ready to join? Want more info?

join.crunchmemberperks.com

Crunch membership comes with perks!

crunchmemberperks.com

Crunch Brook Road | 804.261.6700

Crunch Glenside | 804.756.5050

Crunch Scott's Addition | 804.303.3201

Crunch West End | 804.447.5129

Crunch Midlothian | 804.245.8905



FITNESS