

# “The Bunker 101”

## Let's Get Started!

### FIRST:

- Sign a liability waiver and let us know how we can help you! If you've been a member of another affiliate, you can fill out the yellow membership form and get started! However, we encourage even veteran CrossFit athletes to take Fundamentals!
- New to CrossFit? Register for Fundamentals!
- Attend Fundamentals and learn about nutrition and all of the basic movements... do our “inaugural” workout on the last day! Graduate Fundamentals!
- All new members will receive a login and password to Zen Planner, our online system.

### NEXT:

- Choose a monthly membership option and register using the yellow form.
- Sign up for classes
- Come to 1 hour classes
- Ask questions and work hard
- Eat Clean, Sleep Well
- Make Friends, Have Fun
- Get Fit!

## Welcome to CrossFit PAX!

We provide the accountability, community, motivation, coaching, programming, equipment, and expertise and you provide the hard work! We are available and open to answering any questions you may have and realize this may be completely new to most of you. The most commonly asked questions are found here for your ease of reference. Our website [www.crossfitpax.com](http://www.crossfitpax.com) also has a great deal of information. Like our Facebook page CrossFit PAX! We also post the most updated gym news on our “**CrossFit Pax Community Board**” on Facebook. You will need to request to join this group once you become a member.

### FUNDAMENTALS FIRST:

Large Group:	8 class course, each month T-Th 6:30pm-7:30pm \$90
Private:	As individual and coach availability permits Five sessions - \$250

Choose an option to learn CrossFit Mechanics then you pick which membership works for you! Check website for dates of Large Group

### Pricing and Membership Options

- ❖ **BLUE** Unlimited CF Classes Monthly \$150/mo
- ❖ **ORANGE** CF Classes + Specialty+Open \$165/mo
- ❖ **GOLD** CF + Specialty + Open +20% off retail \$185/mo
- ❖ Spouse 20% off both memberships (must be same level)
- ❖ 10% discount for active duty, drilling reserve, retired military and below/firefighters/first responders.
- ❖ 20% discount for active duty E6 and below

\$15 per session for ROM WOD yoga, mobility (BLUE, incl. in ORANGE/GOLD)

\$20 Drop In or \$60 2-day t-shirt, \$175 10 class pass (no discounts)

### What to expect?

Reserve your class, dress appropriately, bring a water bottle. The rest we will do together.

Each class begins with a coach led warm up, followed by a strength or skill portion, a workout (WOD) and will end with a cool down and stretching period. Your coach and classmates will always be there to explain movements, offer advice and scaling options and to keep you safe. Make sure you keep your coaches aware of any physical limitations or concerns you may have!

### Log your results and write on the Whiteboard!

Success is measureable! Make sure to log your results of your workouts and weights either in a log book or one of many apps available. Every day the whiteboard should also reflect the hard work you are putting in!



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### Class Schedule (also found on the website)

#### CrossFit Classes:

- Mon - Fri  
5:00a, 6:00a, 9:30a, 11:30a, 4:30p, 5:30p, 6:30p (Wed only)
- Sat 9:30a, 10:30a

#### Specialty

ROM WOD Yoga:

Thurs 6:30pm/alt Sat 11:30am

Mobility:

Fri 10:30a

(see website for details- Olympic Lifting, endurance/running, rowing, gymnastics, Strongman, etc.)

- Thurs 6:30pm, Sat 8:30a, 10:30am

For up to date schedule more details and special events

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

**NEW!**  
**CROSSFIT PAX**  
**BARBELL CLUB**

12 week program focusing on  
improving Olympic Lifting  
technique and ability