

CrossFit South County -

When you're done screwing around

www.CrossFitSouthCounty.com



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Aliso Viejo, California 92656
949.292.0452



Services
& Rates

CrossFit South County

Who are we and what to expect

We are a fitness community of committed and focused individuals in Aliso Viejo. We offer both group training classes and one-on-one personal training. Those who train here are determined, dedicated and constantly setting and achieving new goals. There is no fancy equipment or machinery at CrossFit South County; just a true training program delivering proven, measurable results. If you decide you're ready for CrossFit South County you can expect hard work, sweat, and the satisfaction that can only come from reaching beyond what you thought you could do. You can expect results. CrossFit South County is something you have to experience to truly understand and appreciate.

CrossFit workouts are scalable which means we design each workout to your personal starting point. This program applies equally to the busy executive, homemaker, student or committed athlete. CrossFit is the ultimate training program for anyone and everyone. No other program will push you as hard or deliver the results that only CrossFit South County promises. If you're ready to be part of this great community and achieve your own peak fitness, please give us a call or stop by.

If you're still not sure, come by on any Saturday and try us out for free.

General physical skills we target include:

Cardio/Respiratory Endurance - The ability of body systems to gather, process, deliver, oxygen.

Stamina - The ability of body systems to process, deliver, store and utilize energy.

Strength - The ability of a muscular unit or a combination of muscular units to apply force.

Flexibility - The ability to maximize the range of motion at a given joint.

Power - The ability of muscular unit or a combination of muscular units to apply maximum force in minimum time.

Speed - The ability to minimize the time cycle of a repeated movement.

Coordination - The ability to combine several distinct movement patterns into a singular distinct movement. e ability to minimize transition time from one movement pattern to another.

Balance -The ability to control the placement of the bodies center of gravity in relations to its support base.

Accuracy - The ability to control movement in a given direction or at a given intensity.

CrossFit South County programs

CrossFit south county offers a variety of different programs to get started in the CrossFit program or advance your crossfit skills.

Come try your first month of unlimited group classes for only \$99 after completing three elements training sessions for \$120.

Group Classes

These structured classes consist of up to 10 members and last on average 45 minutes to one hour. This includes warm up, workout and a cool down, each class is instructed and closely supervised by a CrossFit instructor.

\$250 unlimited monthly classes/no contract

\$200 unlimited monthly classes/six month auto pay

\$175 unlimited monthly classes/12 month auto pay

Specific Personal Training

This type of training is for individuals ready to improve specific areas, strength, speed, power, muscular endurance etc... A Crossfit instructor will work personally with your specific needs.

Standard personal Training

This type of training is for individuals not ready for group classes or want to expand basic knowledge and movements of CrossFit before jumping in. These are one hour in length and cover basic skills and movements and a specialized workout with progression charts.



CrossFit class schedule

Monday

6:00 am - Group Class

9:00 am - Group Class

6:00 pm - Group Class

Tuesday

6:00 am - Group Class

9:00 am - Group Class

Wednesday

6:00 am - Group Class

9:00 am - Group Class

6:00 pm - Group Class

Thursday

6:00 am - Group Class

9:00 am - Group Class

6:00 pm - Group Class

Friday

6:00 am - Group Class

9:00 am - Group Class

Saturday

9:00 am - Open Workout



For more information about the CrossFit program, contact Max at 949.292.0452 or CrossFitSouthCounty@gmail.com or visit www.CrossFitSouthCounty.com.