

Four Barrel 101 - Explained



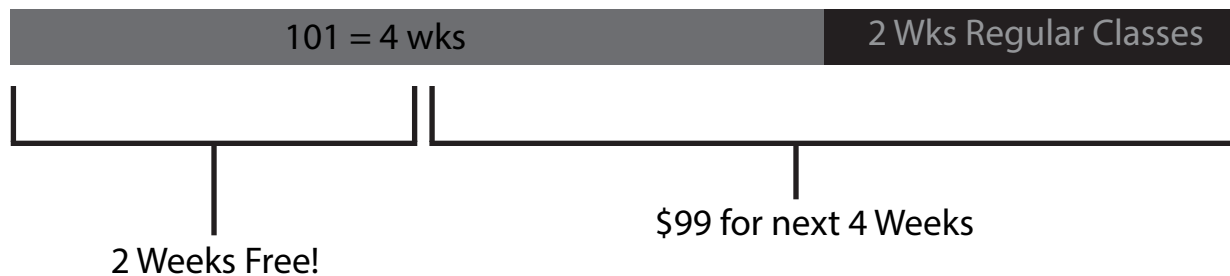
Take the first steps toward getting in the best shape of your life!

Four Barrel 101 is our getting started program. We believe in a thorough approach to coaching and training, thus 101 is a month-long, 12 class program. This is your opportunity to experience the world class coaching at Four Barrel, and our opportunity to get to know you as an athlete.

During your month of 101. We assess you as an individual, work to understand your goals, and teach you how to move and train properly - starting from the ground up! 101 starts on the first Monday of every month, and the best part...

Your First 2 Weeks Are Free!

101 Format



Additional Details

- 101 starts on the first Monday of every month
- We cap each month at 20 new members so reserve your spot soon.
- Classes take place: Mon, Tue, Thu @ 7:00pm

Getting started is easy! Email info@fourbarrelcrossfit.com or call 502-509-3801 to reserve your spot in our 101 program.

1-on-1 Option

If you're not able to attend the class-based 101 program. We can get you up to speed with 6 total 1-on-1 sessions. We discount these sessions at 50% off our regular 1-on-1 rate for a price of \$30 a session. Also, after you complete the 101 program we give you your first 2 weeks of regular classes for free!

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