



# NEW MEMBER WELCOME PACKET



## Welcome to Teton CrossFit!

You are about to embark on a fun, challenging, and **rewarding journey** that has the power to **change your life** forever. You'll have the chance to do things you never thought you could do, and find a **community** that loves and supports one another both in and out of the "box" (Crossfit speak for gym). As a welcome to you, we want to present you with this new member packet that will answer many of the **questions** you may have right now.

# "WE RISE BY LIFTING OTHERS"

**WE ARE SO EXCITED TO BE WITH YOU AS YOU REACH YOUR HEALTH & FITNESS GOALS!**



Remember that everyone here wants to help you, so never be afraid to ask questions. Everyone is on a different part of their journey, but we're all on the same path. Never feel stupid or silly for not knowing something. We were all there at some point, and we can't express how important it is to push through those initial uncertainties. You will find confidence, meaning, family, and a greater understanding of yourself as you push yourself to your limits.

To put it simply, our goal is to make everyone who walks in the door the best that they can be. We strive to help our members unlock their potential in all aspects of wellness, and we believe that physical fitness can be a catalyst to create incredible change.

**BY BECOMING PART OF THIS FAMILY, YOU COMMIT TO LIFTING OTHERS AND YOURSELF BY SUPPORTING EACH OTHER, AVOIDING GOSSIP, TREATING EACH OTHER THE WAY YOU WANT TO BE TREATED, AND BEING PATIENT, KIND, AND HELPFUL. BY DOING SO, WE CAN ALL RISE TOGETHER AND FIND JOY IN EACH OTHER'S SUCCESSES.**

*Let's do this!*

# WHAT'S INCLUDED

We want to give you everything you need to succeed! Be sure you know what's included in your membership



## KEEPING TRACK OF YOUR PROGRESS

We used an app called SugarWOD to announce the next day's workout. This app is also used for our members to keep track of their progress and input their scores when they workout.

This app can be found on the app store. After making an account, you can search for "Teton Crossfit" and enter the password "teton" when prompted.



## MONTHLY INBODY USE

Once every month all CrossFit members get to use the inBody machine to track muscle, body fat, and much more! Be sure to come fasting before using it. For the free InBody use please just use the thermal paper results, not large printer paper.



## FREE FRIEND SATURDAYS

All members can now bring a friend for FREE every Saturday morning to the 8am or 9am class!

All Saturday morning workouts will be beginner friendly.

If your friend signs up BOTH of you can get 25% off for the month. Just be sure to let the front desk know!



## CLASSES AND OPEN GYM

Mon - Fri: 5AM 6AM 7AM 8AM 9AM 12 PM 5:30PM 6:30 PM

Sat: 8 AM 9 AM

Members can come do Open Gym anytime there is not a class.

*Please note: Girls Night Fitness (separate membership) is every Mon/Wed 8:30pm-9:30pm [www.girlsnightfitness.com](http://www.girlsnightfitness.com)*



## HIGH QUALITY COACHING & PROGRAMMING

Your coach is your advocate & there to help you reach your goals. Be sure to keep them informed on any prior injuries so they can adjust the workout for you. "Scaling is cool!" Our programming and strength programs work! Do your best to follow the programming and follow the coaches advice.

# STAY UPDATED

## WEEKLY EMAILS

The Rock Gym, Teton CrossFit & Yoga Loft send out weekly emails to let everyone know what's happening and coming up. Be sure to watch for these.

## COMMUNITY

At Teton CrossFit our supportive community is a huge priority! We encourage members to come to all events to get to know other members and feel the support you have behind you! Every year we have a Memorial Day BBQ & Workout, along with "The Open" and holiday events!

## SOCIAL MEDIA

We post updates, new events and education on our social media. Be sure to follow us on Facebook & Instagram! @tetoncrossfit

## PODCAST

For more education, insight and motivation listen to the Teton CrossFit Podcast put on by the owner Tyler Martin. The podcast can be found on Apple Podcast, Spotify and PodBean.

# MEMBER EXPECTATIONS

**01 PUNCTUALITY**  
Please try to arrive on time. We understand life happens & we want you to come when you can we just ask that you your best!

**02 POSITIVE ATTITUDE**  
Leave negativity at the door. Complaining & gossiping do not have a place in the gym. We cannot stress enough to LIFT OTHERS. We are all doing our best and need the people around us to be there as a support.

**03 BARBELL ETIQUETTE**  
Do not drop the barbell unless a 25 lb + weight is being used. Please clean all equipment when you are done using it.

**04 RESPECT**  
Please listen when the coach is talking. We understand you want to talk to your friends but be aware of the class setting and listen when instructions are being given.

## CONTACT

Front Desk Hours: Mon - Fri 6am - 11pm Sat 8am-11pm

 Email	<a href="mailto:climb@therockgymrexburg.com">climb@therockgymrexburg.com</a>
 Phone	208-252-9973
 Website	<a href="http://www.tetoncrossfit.com">www.tetoncrossfit.com</a>

*Thank You!*