

	Service	Price	Description
	A single OPEN GYM entry	117,-	Access to the whole area within one day. Entry is not limited in time and does not include any additional services.
Pass membership OPEN GYM	A monthly membership pass OPEN GYM (happy hour)	957,-	Access to the entire premises during its period of validity. Entry once a day. Its duration is limited to 9:00 - 13:00.
	A monthly membership pass OPEN GYM	1 197,-	Access to the entire premises during the period of its validity. Entry once a day with no time limit. Another entry on the same day for a discounted price of 87,-
	3 months membership pass OPEN GYM	3 180,-	
	6 months membership pass OPEN GYM	5 990,-	
	A yearly membership pass OPEN GYM	11 200,-	
Group class	Trainer service – group lesson – 1 entry	87,-	Discounted price for group lessons for all holders of monthly passes OPEN GYM.
	Trainer service – group lesson – 1 entry	65,-	A training set up and led by a specialized trainer. Group lessons take place according to the current schedule. The length of the lesson is usually 60 minutes. <i>This service cannot be used without paid entry to OPEN GYM.</i>
	Trainer service + babysitting – group lesson – 1 entry	75,-	A training set up and led by a specialized trainer + babysitting service of 1 child (a binding reservation is necessary 24 h in advance). Group lessons take place according to the current schedule. The length of the lesson is usually 60 minutes. <i>This service cannot be used without paid entry to OPEN GYM.</i>
	Group classes – 10 entries	1 437,-	Eligible for 10 lessons. The validity of the season ticket is 2 months. Price includes the entry to OPEN GYM and coach service.
	Group lessons with babysitting – 10 entries	1 690,-	Eligible for 10 lessons. The validity of the season ticket is 2 months. Price includes entrance to OPEN GYM, babysitting of 1 child and coach service.
	Group lessons – monthly pass	1 800,-	Enables access to the OPEN GYM lessons during its validity period. The number of entries is limited to once a day, even in the case of OPEN GYM. Each additional lesson of the same day or a visit to OPEN GYM can be visited for a discounted amount of 87,-
	Group lessons – 3 months pass	4 900,-	
	Group lessons – 6 months pass	9 250,-	
	Group lessons – yearly pass	17 900,-	
Personal training	Trainer service – individual lesson – 1 person	507,-	It is an individual custom made training under the guidance of a coach. Duration is 60 min. For a personal training it is necessary to buy the entrance to the center, either in the form of a single entry or a pass.
	Trainer service – individual lesson – 2 people	690,-	
	Trainer service – individual lesson – 10 entries	4 540,-	It entitles the client to enter personal training in the amount of 10 or 20 personal trainings. For each personal training it is necessary to buy the entrance to the center, either in the form of a single entry or a pass. The validity of the season ticket is 2 months (for 10 entries) and 3 months (for 20 entries).
	Trainer service – individual lesson – 20 entries	8 570,-	
Courses	ON RAMP course – starterpack	1 280,-	ON RAMP course -Every first Sunday of the month. Group of complex exercises with basic equipment for anyone who wants to get into Crossfit and to learn the correct way of performing selected exercises. ON RAMP course is for people of all sizes, genders and experience levels. It is also necessary to successfully finish this course if you wish to take a part in classic Crossfit class. You will also receive a certificate about absolving this course, once you are finished. Length of the course is 5 hours. Price includes entrance to the open gym floor and trainers assistance during the class. In your starter pack you will receive skipping rope, training diary, bracelet NPG and identification necklace NPG.
	ON RAMP course – individual	3 420,-	The aim of the personal and individual ON RAMP course is to expose you to the fundamental movements used in CrossFit and to work on your skill development. We will prepare you for cross training knowing that you can confidently carry out the movements and exercises safely and efficiently. On completion of the 'ON RAMP' you will receive a certificate and will be free to attend any cross training class. The course consists 8 lessons. Duration of one lesson is 60 minutes. The price includes the entry to NewPark and coach service. Moreover, the package also includes a NewPark bracelet, a CFNP chip, a skipping rope and a training diary. Valid for 2 months.
Other services	Nutrition counselling – initial phase	2 000,-	This service includes an interview with a nutrition counselor - assessing of your dietary habits, InBody measurements/results, nutrition plans, setting goals.
	Nutrition counselling – second phase	1 150,-	This service includes a summary of current achievements and possible diet changes according to the final InBody measurement. The nutrition counselor will set a possible new food plan, new goals and will help to maintain the progress.
	Individual training plan	100,-	One-day schedule training plan adjusted to your needs and goals.

OFFER!

 Happy hour 9 am–1 pm – **20% OFF**

 Student (age 12–26 + student ID card) **20% OFF** to everything.
 HH, PT and Pass membership (quarterly, half, year) not included.