



3540 Centennial Dr. Helena, MT 59601 – 406-442-1631

www.firetowercrossfit.com

FireTower CrossFit is about more than fitness, it's a way of life.

We at FireTower CrossFit strive to provide a positive, safe, fun, and challenging environment that promotes health, fitness, well being and community. We respect all who choose to walk through our doors-regardless of the reason. Our promise is to offer the highest quality programming, coaching, equipment, and standards that will allow you to achieve your goals.

We LOVE what CrossFit has done for our lives and want to provide this same awesome experience for others. We understand that every person in the building is in the room for their own goals and their own reasons – there is no reason that it can't still be FUN!

Life's too Short to be Boring. So come and check out our great space and great people! At FireTower CrossFit we work hard and we play hard! Take a chance and check us out — we think you'll like what you find!

If you're a school district employee you automatically receive a 10% discount.

Contact us at firetowercf@gmail.com for more information.

Class Times

All classes are coached by certified CrossFit coaches.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:30 AM	CrossFit		CrossFit		CrossFit		
8 AM						CrossFit	
Noon	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
2:00 PM							Open Gym
3:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		

Prices (Includes the School Employee Discount)

All prices are per month and no contract is required unless specifically stated below.

On Ramp Month (Beginner Class) - \$80 or bring a friend and it is buy 1/get 1 so \$40 each.

Unlimited -- \$103.50/month

3 Days/Wk -- \$85.50/month

Unlimited with 1 yr Contract – \$89.10/month

Unlimited family (up to 3) -- \$180.00/month

Unlimited family (4 or more) -- \$225.00/month

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