



Canadian
Cross Training Club

2019 Annual Membership Plans

Individual Plans	Annual Fee	Run	Bike	Mega Days	Indoor Triathlons	Dryland, Core & Yoga	Simulation Days	C3 Swim (Sun @ Mayfield)	C3 Swim (Any single Embrace)	C3 Quarry	C3 Quarry Races & BBQs	C3 Studio Spin Class (Sat)	C3 Studio Access (24x7 access)	C3 Studio Smart Bike Access	Member Only Online Content
Basic Tri	\$ 400	✓	✓	✓	✓	✓	✓			✓	✓	✓			✓
Premium Tri	Basic Tri + \$150	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓			✓
Premium Tri Plus	Basic Tri + \$300	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
HP Team	\$ 750	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Run Only	\$ 100	✓													✓
Run + Dryland + Yoga	Run + \$150	✓				✓									✓
Weekend Warrior	\$ 300	WKND only	WKND only	✓			✓			WKND only	✓				✓
Duathlon	\$ 275	✓	✓	✓		✓	✓					✓			✓
Basic Swim	\$ 350							✓		✓	✓				✓
Premium Swim	Basic Swim + \$150							✓	✓	✓	✓				✓
Studio Option	Individual plan + \$600	-		-		-	-	-	-	-	-	-	✓	✓	-
Family Plans															
Basic Tri	\$ 800	✓		✓	✓	✓	✓			✓	✓	✓			✓
Premium Tri	Basic Tri + \$300	✓		✓	✓	✓	✓	✓		✓	✓	✓			✓
Premium Tri Plus	Basic Tri + \$600	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Studio Option	Family plan + \$1,200	-		-		-	-	-	-	-	-	-	✓	✓	-
Quarry and Swim Plans															
C3 Quarry - Individual	\$ 180									✓	✓				✓
C3 Quarry - Family	\$ 360									✓	✓				✓
C3 Quarry - Casual Family	\$ 200									✓					
Studio Plans															
C3 Basic Studio	\$ 400												✓		
C3 Full Studio	\$ 650												✓	✓	

Notes

Prices do not include HST

Not all workouts are offered year-round, check the current schedule at <https://c3online.ca/schedule>

Login to see the private member area at <https://c3online.ca/login>

For more information, please contact the membership team at membership@c3online.ca

Bike includes Saturday indoor classes and outdoor group rides

Run includes Tuesday, Thursday and Sunday runs

Family Plan includes 2 adults and up to 4 children under the age of 18 in the household