

OPEN GYM

What is Open Gym?

We have been successful with an “Open Gym” option in the past and are offering it again!

Open Gym is an add on to your GMRx Membership.

Open Gym is an option to come in during non-class hours, unsupervised, to work on skills, strength, or straight-line conditioning (like rowing, running or rope conditioning). It’s not a “metcon” or high intensity / WOD opportunity.

What does it cost?

An additional \$30.00 / month.

Unlike how we can prorate your membership by ½ if you’re gone two or more weeks and let us know in advance, we can’t prorate this option.

What are the times available to train?

Monday 12:00pm - 1:00pm
 2:00pm - 5:30pm

Tuesday 8:00am - 10:00am
 11:00am – 1:00pm

Wednesday 12:00pm – 5:30pm

Thursday 9:00am – 10:00am
 11:00am – 2:00pm*

**Box is cleaned during this time so you would work around the floor cleaner and vice versa.*

Friday 12:00 – 5:30pm

Will there be a coach on site?

Yes, generally. If we’re running box errands, we may leave a specific door open (which will be noted in the Open Gym Agreement).

What if you want/need help with what to do and how?

You can purchase a one-time ½ hour private training session (\$35.00) with Ed or Sam to develop a plan to achieve the goals you have. We’ll whiteboard it and then put it on paper.

MORE QUESTIONS? ASK A COACH!