

	Service	Price	Note
	1-day guest pass OPEN GYM	109,-	Access to the entire area within one day. No limited time and it does not include any additional services.
Pass membership OPEN GYM	Monthly pass membership OPEN GYM (happy hour)	909,-	Authorizes repeated entry to the entire area during pass validity. The number of entrances during one day and the duration is limited to the period from 9 am to 1 pm.
	Monthly pass membership OPEN GYM	1 139,-	Authorizes repeated entry to the entire area during pass validity. The number of entrances during one day and the duration is not limited.
	Quarterly pass membership OPEN GYM	3 020,-	
	Half year pass membership OPEN GYM	5 700,-	
	Year pass membership OPEN GYM	10 670,-	
Group class	Coach service – Group class – 1 entry	81,-	Get the OPEN GYM month membership and use a discount for our group classes.
	Coach service – Group class – 1 entry	58,-	Composed and led by specialized trainer. Duration of one class is 60 min. See our schedule to book the class. <i>This schedule cannot be used without OPEN GYM fee.</i>
	Group class – 10 entries	1 369,-	Authorizes repeated entry to classes in a total amount of 10 lectures. Entries must be utilized within 2 months from the purchase date. Duration of one class is 60 min. Price incl. OPEN GYM and Coach service.
	Group class – monthly pass membership	1 714,-	Authorizes entry to one group class and the OPEN GYM each day during the validity period. Duration of one lesson is 60 min. Every additional lesson is 58 CZK. Price includes OPEN GYM and Coach service.
	Group class – quarterly year pass membership	4 642,-	
	Group class – half year pass membership	8 784,-	
	Group class – year pass membership	17 068,-	
Personal training	Coach service – Personal training – 1 person	480,-	Training under guidance of a coach, which focuses exclusively on the client/clients. Includes consultations with the coach in order to prepare an individual training plan. Duration of one personal training is 60 min. For personal training it's necessary to purchase one entry to the sport area, either in form of a single entry pass or monthly membership.
	Coach service – Personal training – 2 person	660,-	
	Coach service – Personal training – 10 entries	4 320,-	Total of ten / twenty personal trainings. For each personal training, you must first, purchase entrance to NewPark, either in the form of a one-time admission or to have a permanent membership. The validity period for those 10 personal trainings is 2 months and 20 personal trainings is 3 months.
	Coach service – Personal training – 20 entries	8 160,-	
Courses	On Ramp course – Package	1 688,-	The aim of the ON RAMP is to expose you to the fundamental movements used in CrossFit and to work on your skill development. We will prepare you to enter the CrossFit classes knowing that you can confidently carry out the movement safely and efficiently. On completion of the 'ON RAMP' you will receive a certificate and will be free to attend any CrossFit class. The course includes a total of 8 lessons. The length of one lesson is 60 minutes. The price includes the entry to NewPark and coach service. Moreover, the package includes also a Crossfit NewPark bracelet, a CFNP chip, a skipping rope and a training diary. The validity period is 6 months.
	Individual On Ramp course	3 250,-	The aim of the ON RAMP is to expose you to the fundamental movements used in CrossFit and to work on your skill development. We will prepare you to enter the CrossFit classes knowing that you can confidently carry out the movement safely and efficiently. Those 8 individual lessons will be personalized and lead by an experienced coach. On completion of those classes you will receive a certificate and will be free to attend any CrossFit class. The length of one lesson is 60 minutes. The price includes the entry to NewPark and coach service. Moreover, the package includes also a Crossfit NewPark chip. The validity period is 2 months.
Other services	Nutritional counseling – Phase 1	2 000,-	This service includes an interview with a nutrition counselor (Assessing dietary habits), InBody measurement/results (Assessing body weight), food plans, setting goals.
	Nutritional counseling – Phase 2	1 150,-	This service includes a checkup of what was achieved until now, possibility of changes in the diet according to the final InBody measurement. The nutrition counselor will set possible new food plan, set new goals and maintain changes.
	Coaching course	6 900,-	Coaching course is accredited by the Ministry of Education, Youth and Sports. Successful graduates of retraining course will receive a certificate and subsequently a business license, they can then exercise the profession personal fitness trainer in the fitness center.
	Individual training plan	90,-	One-day schedule training plan tailored to your needs and goals.
	Massage	500,-	Duration of one massage is 60 min.

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.