


# HYROX

Monthly  
**PROGRAMMING**

## \$200 PER MONTH



Our HYROX monthly programming offers a personalized workout plan tailored to your needs. Each week, Kyra will design a custom workout program for you, evaluating your progress and adjusting your routines as you advance in your training. Throughout the month, you'll receive comprehensive programming for the entire week.

If you're looking to elevate your performance for your next HYROX event, a 12-week program is ideal, but even a 4-week commitment can lead to significant improvements. It's absolutely worth it!

## Meet Kyra

If you're a Blaze Member currently taking our classes, we will complement those classes with additional HYROX-specific programming. For Open Fitness members, we'll create a tailored weekly program just for you. Don't belong to Blaze? No problem! We welcome anyone who wants to participate in HYROX.

Looking to join the HYROX fun but don't want to compete? We offer HYROX-specific classes every Wednesday at 5:00 AM, 6:00 AM, 8:30 AM, noon, and 5:15 PM, all included in our unlimited fitness membership. There's truly something for everyone!

Please note that this contract does not include a gym membership or personal training services. If you're interested in adding these options, feel free to email [chris@blaze365.com](mailto:chris@blaze365.com)



@blazesportsfitness



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