

Steve's Garage Gym
A CrossFit Approach To Fitness

Summer Class Schedule

Monday – 6pm
Tuesday – 6:30pm
Thursday – 6pm
Friday – 6pm

Pricing

The First Timer

All new clients are required to attend three intro sessions to learn the 9 fundamental movements of CrossFit. These three classes are a total of \$25. It is necessary that you are evaluated first before being a part of a group session. I want all my athletes to feel safe and be as injury free as possible.

Group Sessions

4-week Standard- \$100

For most people, this is all you are going to need. Train 3 days a week for four weeks, equaling a total of 12 sessions (\$8.33 per class). A great way to get started before moving up to the Specialty package.

4-week Specialty - \$150

For those who have built a solid base and are looking to maximize their bodies' performance, build strength and stamina through consistent training and strict dieting. Train up to 4 days a week, and also receive 1 hour a week of diet consultation to keep you on track to achieve your goals.

Punchcard

Come whenever you want or can. Purchase 10 sessions for \$110.00. The most flexible package offered.

Private Clients

Set up private sessions with me to workout. Or perhaps you are having trouble mastering specific movements. You may also want to overhaul, modify or just tweak your diet. \$25 per session. Sessions run an hour and are scheduled separately.

About me, Stephen A. Galvan:

AAU Nationally ranked high jumper

5 time T.C.I.L. State Track and Field High School Champion

Member of Texas A&M Track and Field Team – '94 to '96

Certified Level 1 CrossFit Instructor

I am a lifelong athlete who, like everyone else I know, fell out of shape after college and became sedentary in his exercise ways. In June of 2008 I realized that I had enough of the following:

- Looking in the mirror and saying, “Oh my God I am so fat”.
- Wondering why the elastic band on my underwear kept folding down.
- Listening to friends say, “You gainin’ some weight there buddy!”
- Being embarrassed to take off my shirt in front of anyone, including my wife.

In **less than one year** with CrossFit, I went from this guy:



to this guy:



I lost over 30 lbs of unnecessary FAT and become stronger and faster than I ever thought possible. At the risk of sounding corny, I must tell you that I gained my old swagger back and now I can't stop smiling. I now have energy for days, my digestive system is on point, my acid reflux is gone, and I deal with the daily stresses of life so much easier.

CrossFit has changed my life in so many positive ways and it can change yours. Don't wait till your health is in danger to try and fix it, start today.

Stephen A. Galvan

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more info about crossfit available on: www.crossfit.com

DISCLAIMER:

CrossFit is not for lazy people. CrossFit is not for people laden with excuses. CrossFit is not for the mentally weak.

CrossFit is for ANYONE who cares enough about their health to break out of the norm and challenge themselves. Don't be afraid of a challenge, embrace it. After all, fear is what keeps good people from being great.