



Welcome to CrossFit Junior/Teen!

Here are some answers to commonly asked questions:

1. Set up a user account online for your child (from our website's schedule page, click to "Sign Up" for a CF Jr/Teen class). We also have a free App (for both [iPhone/Android](#)) to make pre-registering for classes simple. Search for "Bring It! Studios scheduling app").
2. ALL minors MUST have a waiver signed by a parent prior to working out. Fill one out here @ CFChan, or [print one](#) at home from the Youth page of our website [www.crossfitchanhassen.com](http://www.crossfitchanhassen.com) and send in with your teen. Be sure to provide an emergency contact name & number!
3. CrossFit Junior/Teen classes are ongoing & do not require previous experience. Start any time!
4. Pricing: You can choose to Drop-In to any of the classes (\$12/Teens, \$10/Juniors) or purchase a 10-class Punch Card ([\\$90/Teen](#), [\\$80/Junior](#)).
5. Schedule: Please check our App or the Schedule page on our website for the most up-to-date information. Currently classes are running: Juniors classes are 45 minutes and are held on Mon/Wed @ 11:00am and Tues/Thurs @ 4:15pm. Teen classes are 60 minutes and are Mon/Wed @ 3:30pm.
6. You are able to sign your child up for classes using a computer, but unfortunately, you cannot schedule a class for someone else using the App (I have put in a request!)
7. Your Junior/Teen should come dressed ready to workout with appropriate footwear and water. We do have a drinking fountain for refills!