

CONTACT

CLIMBING YOGA FITNESS



Membership Offer

Get in Touch

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**Contact
Climbing**

Yoga Via



Contact Climbing Gym offers a space where people of all experience levels can move, connect, and challenge themselves. With expert staff, certified instructors, and a welcoming community, we make it easy to introduce climbing as part of your routine.



About Contact



Why Climbing

Mental Benefits:

Peer-reviewed studies report climbing improves mood, reduces anxiety/depression symptoms, and can boost attention, problem-solving and concentration.

Community:

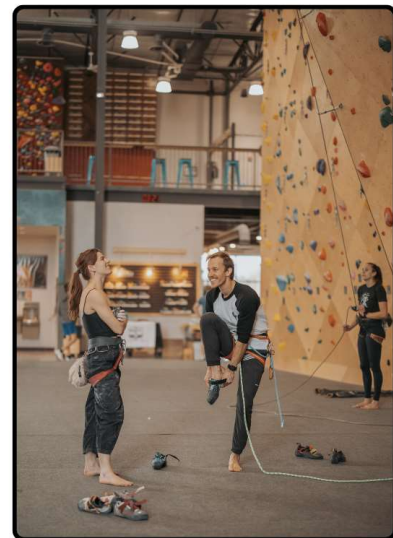
Climbing gyms score very high for social connection when compared to traditional gym settings.

Low Barrier to Entry + High Rate of Progression:

New climbers see visible progress quickly, which increases motivation and perceived value of effort v. outcome.

Cardio, Strength and Mobility (in one workout):

Climbing combines aerobic and anaerobic work, finger/upper-body strength, core and hip mobility.
(often faster functional gains than other gym formats)



Sources

- Frontiers in Psychology, 2024 study on climbing and mental health
- BMC Psychiatry, 2025 review on therapeutic benefits of climbing
- American Council on Exercise (ACE), climbing fitness analysis, 2023/2024
- Outdoor Industry / Outdoor Participation Trends Report 2024
- Osborne et al., 2025 PLOS ONE, PMID PMC12040214

Pricing



Best part? No contracts. No hassle. Just movement.
Cancel anytime online at contactclimbinggym.com

✓ Monthly Recurring:

\$59/month per person

✓ Annual:

\$499/year per person

✓ Add a child to Monthly or Annual adult plan:

\$35/month or \$330/year

Membership includes:

Unlimited climbing - for all experience levels
20+ yoga classes every week - for recovery and mindfulness
Strength training classes - build power and prevent injury
Discounts on climbing gear and apparel in our gear shop



Class Offerings

Fitness

- Strength
- HIIT

Convenient evening
class times!

Climbing

- Learn to Belay
- Learn to Lead*
- New Member Meetup
- 50+ Elevated
- 50+ Elevated Club
- Rec(reation) Team
- Club Team
- High School Comp Team
- Summer Camp

Adult, Senior + Youth classes!

Yoga

- Yin
- Ashtanga (short form)
- Hot Vinyasa
- Yogalates
- Mindful Flow
- Acro Yoga

Yoga Teacher Training!

*Some classes require additional enrollment fees. Please visit our website for up to date information.

This membership offer is valid exclusively for active employees of Washington County, UT

