



CrossFit was founded in 2001 and can be used to accomplish any goal, from improved health to better performance. CrossFit trademarked Forging Elite Fitness™ — but the program works for everyone. People who have never worked out and those who have trained for years share equally in the benefits of CrossFit. “CrossFit”

ABOUT US:

Coach led classes

Nutrition coaching *

Your own workout space

Clean and safe environment

For anyone and everyone

Multiple classes a day

A community there for each other



Contact:

559-772-5787

Email:

info@crossfitlemoore.com

