

CROSSFIT TEMPE

(480) 388-5434 - CrossFitTempe.com

PRIMARY COACHING

Members receive personal attention, and help setting goals, from their primary coach



TRAINING PROGRAMS

Our programs are designed to meet the needs of every person's fitness level and goals



NUTRITION GUIDANCE

Nutrition guidance will help you plan your meals to burn fat, add muscle, and kill it in the gym!



CLUBS

- ✓ Yoga
- ✓ Barbell Club
- ✓ Competitor's Club
- ✓ Gymnastics Club



COMMUNITY EVENTS

We bring the community together to compete and share our passion for fitness



PROGRESS TRACKING

Our progress tracking is designed to ensure you're always on track to meet your goals



Membership Benefits

MEMBERSHIP TIMELINE:

45 DAYS

Confidence building and more energy

90 DAYS

Increased strength and better fitting clothes

180 DAYS

Healthy new habits
fat loss, muscle definition and increased performance and agility



Enjoy a new lifestyle dedicated to health and happiness!