Executive Fitness Training

Group & Personal Fitness Training Programs

by **CrossFit Cleveland**

Who is CrossFit Cleveland?

We offer instructor-led group workouts for people of all fitness levels. CrossFit workouts are for everyone - Navy Seals, MMA Fighters, Soccer Moms, and even lazy executives. CrossFit Certified Instructors teach you how to perform a variety of functional exercises in constantly varied, high intensity routines = you never get bored, and you're finished working out in less than an hour. Simple as that.

"We'll teach you how to get in the BEST shape of your life"

What is Executive Fitness Training?

Are you between the ages of 18 and 80?
Are you looking to get back into shape, but just don't know how?
Are you willing to commit to 3 days per week towards your health?

If yes, then the **Executive Fitness Starter Program** is designed for you. You will train 3 days per week in a small group (6-8 people) where a CrossFit Certified Instructors will teach you to perform Level I and Level II exercises using proper form and technique. All exercises are scaled to your current ability & fitness level.

We have morning and evening groups starting every month. The 6-week Starter Program consists of 18 one-hour training sessions and will only cost you $295.00. **That's less than $16.50 per session!**

Is your schedule ever changing? Want your own days and times?

We now offer our **Executive Fitness Personal Training** with private classes, allowing you to set your own schedule each week**.** Inquire about rates for one, two or three people in your own private group.

How Do I Get Started?

It's simple! Contact our Certified CrossFit Instructors to schedule your first workout.

Main Contacts: Staci and Bill Russell
Main Location: 1211 Allen Court, Rocky River, OH 44116
Phone: (216) 812-7841
Email: executive@crossfitcleveland.com

You can see and hear our members talk about our training in a video at www.crossfitcleveland.com

What are people saying...

It's great for everyone no matter what their level of fitness is. It's totally different from anything you've ever done before and it works much better than regular gym workouts.
- Patrick G.

Small group, great instruction, and very encouraging environment.
- Linda S.

The program teaches whole-body workouts based on calisthenics, weightlifting, gymnastics and other sports. Most, if not all, of the exercises are designed to use your upper an lower body simultaneously, rather than isolating one muscle group at a time.

Also, from an economic perspective, it's a great deal - it's like getting personal training at a fraction of the cost.
-Catherine R.

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