



CrossFit
FORGING ELITE FITNESS *Coalville*

Hello and welcome to CrossFit Coalville,

As head coach of this box, it is a great privilege to see so many different people, from different backgrounds, with different goals and fitness levels come together under one roof to train. Irrespective of your experience, I can guarantee that CrossFit Coalville is somewhere you will fit in with ease. There's a space for everyone within our accommodating and hospitable CrossFit box. We believe that we are Leicestershire's premier CrossFit Box. We aren't just any old gym or functional fitness training centre; we are the real deal. CrossFit Coalville is officially affiliated with CrossFit, which brings a large range of benefits to its members over other gyms. Whether you want to improve your overall fitness, get in shape, find a new hobby, make friends or compete at a high level, CrossFit Coalville is the place for you. Our coaching staff are fully qualified to lead your sessions, help educate you in everything we do and make sure you are exercising safely to avoid injury. Our staff are happy to go that extra mile in helping you achieve your goals. CrossFit is an ever-growing programme that continues to take the world by storm. This year alone, 500,000 people from around the world competed to take part in the 2021 CrossFit Open. It was great to see complete beginners come together with experienced athletes in the true spirit of fitness. It's always great to see new faces. Pop in, say hello, try something new and get into the best shape of your life. Have a read through this welcome booklet to find out how CrossFit Coalville can benefit you, what exactly CrossFit is, our facility, additional features, timetable, current offerings and member testimonials.

Jake Garner
Head Coach – CrossFit Coalville

Jake Garner





Why CrossFit?

CrossFit improves physical strength. Our workouts are mainly composed of multi-joint movements executed at high intensity. Functionality is key here. The aim of any exercise programme should be to improve our overall quality of life. We are yet to hear a member say this hasn't been the case.

CrossFit improves your aerobic fitness. CrossFit helps to train your body to utilise oxygen more efficiently and effectively. Alongside this, it's great for your overall cardiovascular fitness, in short duration-based workouts and endurance-based workouts.

It is constantly varied. Every day, CrossFit Coalville will change their Workout of the Day (WOD) to make sure you are consistently getting varied and interesting workouts that are going to directly improve your fitness. You never know what to expect. It's this that can make CrossFit so exciting.

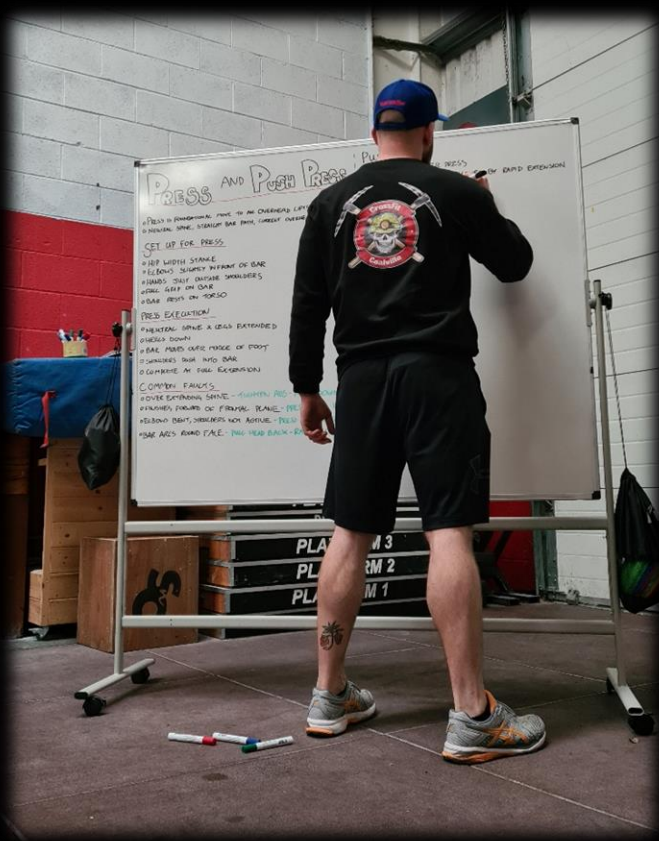


The constant variation of workouts, whether they be barbell, rowing, biking, kettlebell, dumbbell, bodyweight or a combination of several elements at once, are designed to make sure you develop in all areas of fitness. Strength and cardiovascular fitness are fantastic aspects to work at, but we also focus on power, speed, agility, balance and flexibility.

Our classes are a great way to burn calories which in turn helps with weight loss. CrossFit helps our body not only stay well-conditioned, but also helps in achieving any goals we might have, whether that be muscle gain, weight maintenance or weight loss.

There is absolutely no judgement regarding current ability. As long as you have a willingness to always be striving to improve, our coaching staff will make sure you get there. We don't look at what you can do, we look at the effort you put in and the improvements you make.

What Exactly is CrossFit?



CrossFit is a strength and conditioning programme that focuses on all aspects of fitness. These are cardio / stamina / strength / flexibility / power / speed / coordination / agility / balance / accuracy.

The programme is carried out through workouts, what we call "WODs", short for Workout of the Day. In general, we recommend training 3 days a week. Those with more experience may like to train more.

CrossFit WODs are made up from 3 main elements Constant variation - Functional Movements - High Intensity. This helps to hit all the 10 points of fitness already mentioned.

Ultimately, CrossFit is designed to build a better quality of life.

Workouts are scaled for all abilities. Whether you are a complete novice or advanced athlete, we can all workout together under one roof and learn from each other. We scale the workouts down to suit every individual. This ensures that you are always working at your full potential and constantly making improvements to your fitness.

Classes will be varied. One day you may be combining together an endurance based erg-machine with a variety of dumbbell exercises. Maybe you will find yourself running, another day you might find yourself lifting your max weight on a barbell. Can't do or don't know how to do these things? All the more reason to get involved, learn and develop these skills.





Our Facility & Equipment at CrossFit Coalville

At CrossFit Coalville, we have a wide range of facilities and fitness equipment including:

- Fully functional Concept 2 Erg room (10 Rowers / 6 Ski Ergs / 6 Bike Ergs)
- 5 Olympic Racks / Rigs + additional bars (15kg/20kg)
- Pull up rigs + lifting benches
- A wide range of rig attachments, including dip bars and safety arms
- High-quality bumper plates (1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg)
- Additional lifting bars, including hex bars, curling bars and log presses
- Hex dumbbells ranging from 3-50kg
- Kettlebells ranging from 4-44kg
- Slam balls ranging from 8kg-25kg
- A large selection of functional fitness equipment including macebells, ab mats, skipping ropes, tractor tyres, jump boxes, battle ropes, resistance bands and more.
- Resistance machines – leg press / shoulder press / squat machine / lat-machine / leg curl (includes additional attachments for cable-based machines)
- Large floor space
- Toilet facilities
- Café and seating (food and drink can be purchased on site)
- On-site parking





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A CUT ABOVE YOUR AVERAGE BOX

YOUR MONTHLY MEMBERSHIP INCLUDES:



- COMPLETE NUTRITIONAL ADVICE AND ONGOING EDUCATION, CALORIE COUNT AND MACRONUTRIENT INTAKE TO MATCH YOUR LEVEL OF TRAINING
- ACCESS TO WEEKLY PROFESSIONAL BODY COMPOSITION SCANS, INCLUDING SKELETAL MUSCLE AND BODYFAT%
- COACHING FROM NOT JUST PTS, BUT QUALIFIED CROSSFIT, BRITISH OLYMPIC WEIGHT LIFTING, BRITISH ROWING AND KETTLEBELL SPORT COACHES
- A CHOICE OF 13 DIFFERENT WOD CLASSES, ERG TECHNIQUE, OLYMPIC LIFTING AND KETTLEBELL SPORT CLASSES
- ACCESS TO A MEMBERS ONLY CAFE AND BAR, FULLY EQUIPPED WITH A RANGE OF SNACKS, DRINKS AND SEATING
- ACCESS TO THE AREAS ONLY ERGATHLON SPECIFIC TRAINING ROOM WITH 6 SKI-ERGS, 6 BIKE-ERGS, 12 ROW-ERGS
- REGULAR SOCIAL EVENTS SUCH AS HIKES, TRIATHLONS, RUNS AND ORGANISED DAYS OUT AS A GROUP

Time



Table

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am - 7.20am CrossFit WOD	11.45am - 1.00pm OPEN GYM	6.30am - 7.20am CrossFit WOD	11.45am - 1.00pm OPEN GYM	6.30am - 7.20am CrossFit WOD	7.30am - 9.00am OPEN GYM
7.20am - 9.30am OPEN GYM	4.00pm - 5.30pm OPEN GYM	8.15am - 9.00am KETTLEBELL SPORT	4.00pm - 5.30pm OPEN GYM	8.15am - 9.00am KETTLEBELL SPORT	9.00am - 9.50am ROW/BIKE/SKI ERG
5.40pm - 6.30pm CrossFit WOD	5.40pm - 6.30pm CrossFit WOD	5.40pm - 6.30pm CrossFit WOD	5.40pm - 6.30pm OLYMPIC/BARBELL	5.40pm - 6.30pm CrossFit WOD	9.00am - 9.50am CrossFit WOD
6.40pm - 7.30pm CrossFit WOD	6.40pm - 7.30pm CrossFit WOD	6.40pm - 7.30pm CrossFit WOD	6.40pm - 7.30pm OLYMPIC/BARBELL	6.40pm - 7.30pm CrossFit WOD	
7.40pm - 8.30pm RAMP COURSE	7.40pm - 8.30pm CrossFit WOD	7.40pm - 8.30pm RAMP COURSE			

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Membership

Bronze Tier - £79 per month – Can book up to 2 classes a week from our timetable (great value at just under £10 a class)

Silver Tier - £89 per month – Can book up to 3 classes a week from our timetable (great value at just under £7.50 a class)

Gold Tier - £99 per month – Can book as many classes a week from our timetable as desired + use of the entire facility for private out of class training during Open Gym slots.

Ramp Course

The ramp course is a specially designed 1 month introductory programme to those that are new to CrossFit and those that are looking to further expand their knowledge of exercise. The course runs for 4 week, 2 sessions a week. The days and times are given on our timetable. The ramp course covers the fundamentals of CrossFit and will make sure you have a sound understanding of exercise mechanics. It is more personal than a class and will allow the coach to really help you develop your skills and knowledge ready for class. If you are completely new to CrossFit, we highly recommend you take this fantastic course before joining. It can also be of great value to experienced athletes too. – Course Price £100

Member Testimonials – Don't just take our word...

Stacey Thomas

"I first heard about CrossFit years ago and though it was only for people who were already mega fit. However, having just moved to the area I gave the free session a go (expecting to hate it). In that first hour I was supported and I was even able to do a box jump with lots of encouragement. The coaches are great and understand how to help people with different levels of fitness, offering adaptive moves and 'homework' to help you improve. Joining CrossFit Coalville has not only boosted my physical fitness but one month in I am no longer in pain from my health issues for the first time in years."

Tom Frith

"I looked into CrossFit as I didn't feel comfortable in a normal gym. The coaching staff at CrossFit Coalville have been brilliant in understanding people's needs and are always happy to help with any questions you have about progression. The whole group at CrossFit Coalville are amazing at pushing you through when you're struggling at a WOD. I'm amazed at how much my fitness has improved and also how it has helped me mentally as well. Knowing people are there to support and push you is great. I'm 5 months into CrossFit. I have done more in those 5 months than I have in the last 5 years. Thanks all!"

Kim Hubbard

"I never thought I'd do CrossFit. Fast forward a few years and I joined a box and thought, what the hell let's give it a go. I haven't looked back or regretted that decision. I am fitter and stronger than I ever was, even though I have exercised for years. I have improved my technique in Olympic Lifting with Coach George. I have learned to use Concept 2 Ergs properly with Coach Craig and have improved my overall fitness and mobility with Coach Jake. Having to run a regular bleep test in my kickboxing, I was amazed at my results. Having only ever got to 7.1, I went on to improve to level 11 in 4 short months of joining CrossFit Coalville. I never dread a session. I'm eager to go, get stuck in and give it my all. The box itself is so warm, welcoming and has a real encouraging environment."

Matt Buckley

"When I joined CrossFit Coalville, I was sceptical, mainly due to my own fitness levels and whether I'd be able to keep up with the others. Fast forward some months and I feel absolutely great in myself, fitter than I've ever been and in a good position strength wise which has been great. It's an awesome place to be with supportive people in every class and every workout is adaptable to your capabilities. The trainers are brilliant at helping to correct form. I'd recommend joining no matter what level you feel you're at."



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PEOPLE ONLY**

BY ENTERING THIS SITE YOU AGREE TO OUR TERMS OF SERVICE AT ALL TIMES

There are no vacancies or second chances. Every day, many wanted to appear your time by going through the online... need, do not...
RECALL. All the end of the day back to the nation. You said and get...
your **YES!** If you didn't know how much of commitment, look more...
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