

CROSSFIT CONSHOHOCKEN VISION

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OUR MISSION

Our mission is to create a contagiously healthy community made up of dedicated coaches and members who possess a sense of pride to share the culture and benefits that they find within.

CORE VALUES

"One Team", "Wear the Tee Shirt" and "Do the Right Thing" These values are the guiding light of our gym. They have been implemented to ensure our staff, and our members are part of a culture that brings lasting, positive change to the lives of everyone in this community. Before any decision is made, or any action is taken the core values must be wholly and thoughtfully considered.

One Team

- Everything we do must place the team before the individual. From culture to floor space, from events to workout design, we operate with the question "Does what we do or intend to do place a higher value on the TEAM than any one individual?" in mind.

Wear the Tee Shirt

- Having pride in what we do and what we stand for is paramount to our success as a gym community. Here at CFC, members and staff have a parallel vision for the future and a shared mindset for the path to reach it.

Do the Right Thing

- As a community, we strive to treat everyone with an equal amount of respect and dignity. Through this practice, we aim to create a culture that is brimming with people who love being around each other. When that happens, it will be impossible to not have success in fitness.



OUR CULTURE

Our culture is rooted in the solidarity of our mutual outlook on health, fitness and longevity. While we have different goals as individuals, we share positivity and acceptance for every member of our community. Through this culture, we strive to embrace our differences in ability while we amplify our unity through support and camaraderie.



OUR TEAM

Our team is the bridge that connects our clients to their goals. We are supporters, coaches, strategists and liaisons. Our ability to care and empathize shines as bright as our knowledge of fitness.





MEMBERS

Our members are the heartbeat of our gym. They are busy professionals, moms and dads, and weekend warriors. They choose to prioritize their health, and have found that a team atmosphere is key to their success.

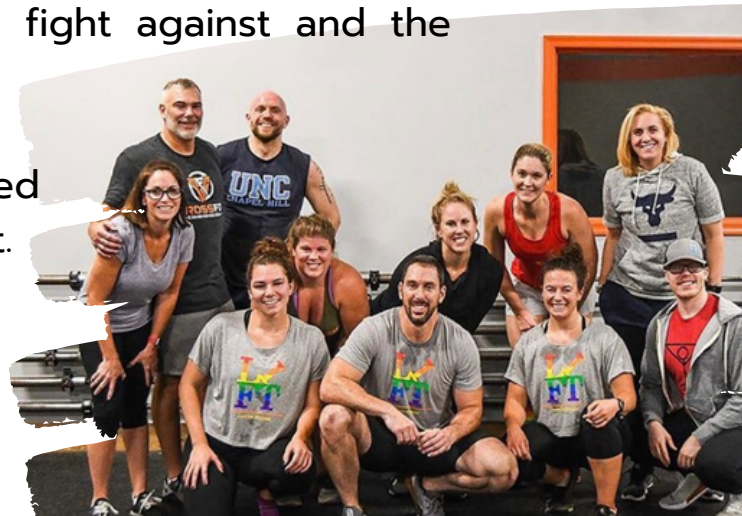
GIVING BACK

Beyond the walls of our gym, we aim to connect with the community at large through charitable and selfless contributions. On an annual basis, CFC raises money for local school students in our "Back to School" fundraiser event. During the Holiday season, we sponsor families within the Colonial School District, and deliver gifts to those children. We keep our efforts anonymous, since for us, this is simply "Doing The Right Thing".

CFC is also an annual participant in "The Murph Challenge" and the "Manion WOD", two military inspired organizations, focused on maintaining awareness and raising money for our country's fallen heroes and their legacies.

Our annual "Barbells for Boobs" workout, is a team fundraising event geared toward providing resources for the fight against and the treatment of breast cancer.

We recognize that fitness can only be achieved when the most basic of human needs are met. We contribute to those outside of our membership base to help lift those who may not be as privileged.



OUR FACILITY



We consider the interior of the gym an ecosystem. Our main offering is our group fitness program. These coach led classes are the primary fitness program for all members. While the class comes first in all instances, we look to our core values when utilizing the gym for other fitness approaches. If something fits within those values, we do it!



We offer personal training, open gym, custom workout design, specialty clinics and skill sessions. When we utilize our space for these things and are still able to "Do the right thing, Wear the Tee Shirt, and be part of One Team" our entire ecosystem thrives.



Maintaining a diverse ecosystem such as this is seldom seen in group fitness facilities. It is a testament to the members and coaches of our community that we can offer this range of services while fostering a truly dynamic culture.



**THANK
YOU**

www.crossfitconshy.com

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