

MYTHS ABOUT CROSSFIT



I'LL GET HURT

The data does not lie, injuries sustained in CrossFit are not any higher than other non-contact sports – IT'S SAFE



I'M TOO OLD

Wrong! The average age of a member at CFSI is over 40 years of age. All are welcome.



TOO EXPENSIVE

Investing in yourself is the best investment you can make. It's less than one sit-down meal with your family



IT'S TOO HARD

The coaches at CFSI are trained to help everyone achieve success safely. Show up – work hard – and you'll see the results..



I WILL LOOK SILLY

Leave your ego at the door. Our community is so diverse and everyone's journey is different, and we know it. Just show up – you'll progress.



IT'S A CULT

Well, this is sort of true. For most of us who do CrossFit, it's changed our health, friendships, confidence, and attire (yes, you will buy new shoes).



IT'S JUST LIFTING WEIGHTS

You will lift and do bodyweight movements, gymnastic skills, and lots of cardio all in one hour.



IT TAKES TOO LONG

Our classes last one hour. In this time, you'll warm up, work on a strength or new skill, and do the WOD (Workout Of the Day).



IT'S ONLY FOR COMPETITIVE ATHLETES

We indeed like to compete, but we compete against ourselves and each other, and even some love to sign up for competitions. More importantly, we're Training For Life.



I HAVE A CHRONIC INJURY

CrossFit is about getting back to function. Lifting, squatting and putting things overhead are all part of our lives. Our coaches can work within your physicians guidelines just leave your ego at the door!