

CrossFit Frankfort is Frankfort's only veteran owned and operated, CrossFit dedicated gym and authorize CrossFit Kids facility. We provide a core strength and conditioning program designed to maximize competency in 10 recognized, general physical skills: Cardiovascular/respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.

What is CrossFit?

CrossFit is: Constantly Varied, Functional Movement Performed at High Intensity.

Constantly Varied: Routine is the enemy of true fitness. We take traditional strength training exercises, gymnastics, and metabolic conditioning exercises ("cardio") and mix them in such a way that it will always keep you on toes. Your workouts won't get boring or old, because they will always be different!

Functional Movement: The human body was designed for function and the movements we teach are based on the natural movements that our bodies were built for. We do not isolate muscle groups and believe that compound multi joint exercises are vastly superior to simple single joint exercises that have no real world application outside of the gym. Functional movement is natural and safe. It is also the most effective and efficient way to improve overall strength, core stability, agility, flexibility, and contributes immensely to improved quality of life.

Intensity: Intensity is your average power, which is how much weight you can move over the longest distance in the shortest amount of time, while maintaining proper form and technique. Intensity will vary from person to person.

CrossFit is for EVERYONE! Young and old, elite athlete or just getting off the couch. We are here to improve your fitness! The more fit you are, the healthier you are and the higher your quality of life will be.

CrossFit is a COMMUNITY! Everyone performs the same workout of the day (WOD), regardless of fitness level or ability, while being closely watched and coached by our trainers. This is possible because every CrossFit workout is scalable to the needs of the individual, but the intent of the workout is the same for all participants. No one is ever looked down on because they can't lift as much or complete a workout as fast as someone else. Instead, athletes are cheered and encouraged as they work to complete the WOD, or achieve new personal records (PRs), whether that means you just hit a 500lb deadlift, did your first pull-up, got your Fran time under 4 mins, or just did a proper push up for the first time in your life. Each athlete is working to better him/herself, and this shared experience builds camaraderie that you will likely never see at a non-CrossFit gym or outside of the military/fire/law enforcement communities.

<p>Jason Gannone Owner/Head Coach Olympic Lifting/Kettlebell 502-682-3960 jason@crossfitfrankfort.com</p>	<p>CrossFit Frankfort 2020 Hoover Blvd Frankfort, KY 40601 info@crossfitfrankfort.com</p>	<p>Billie Jo Gannone Owner/Level 1 Trainer CF Kids/USAW Level 1 502-382-0287 billie@crossfitfrankfort.com</p>
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Discounts

10% discount to all KY State Government, City of Frankfort employees, teachers and students. Are you a business owner or wondering how to get your company a discount? Have your HR or Wellness Director contact us about our Corporate Memberships options. For families, first member pays full membership and additional members pay 50%.

Program	Details
Unlimited Membership	\$95/month – 12 month contract \$105/month – 6 month contract \$115/month – no contract
Limited Membership	\$80/month – 3 times/week \$60/month – 2 times/week \$40/month – 1 time/week
MIL/LE/FIRE Unlimited Membership	\$80/month – 12 month contract \$90/month – 6 month contract \$100/month no contract
MIL/LE/FIRE Limited Membership	\$75/month – 3 times/week \$55/month – 2 times/week \$35/month – 1 time/week
Unlimited Family Membership (2 person example)	\$142.50/month –12 month contract \$157.50/month –6 month contract \$172.50/month –no contract
MIL/LE/FIRE Unlimited Family Membership (2 person example)	\$120/month – 12 month contract \$135/month – 6 month contract \$150/month – no contract
Summer Packages College Students Only	\$75 for 1 month \$115 for 2 months \$157.50 for 3 months

Schedule

Monday thru Thursday
Mornings: 0500, 0600, 0700
Lunch: 1100, OPEN GYM, 1300
Evenings: 1600, 1700, 1800

Friday
Mornings: 0500, 0600, 0700
Lunch: 1100, OPEN GYM, 1300
Evenings: 1600, 1700, 1800 Fundamentals Class

Saturday
Mornings: 0900, 1000, 1100 OPEN GYM