



Frequently Asked Questions

How is CrossFit Lacombe different from other fitness options?

1. Our attention to technique is like no other gym in the area. Don't believe us? Try a 30 minute free No Sweat Intro session
2. We are the strongest gym in town. Most of our members start lifting with a pvc pipe or lighter barbell, and within a year they are lifting weights they could never have imagined.
3. When you walk into CrossFit Lacombe, you can expect to be welcomed with open arms. Our members are friendly, positive, and encouraging.
4. We don't believe that just buying a gym membership is the solution to your fitness goals. We believe commitment to consistency is the way people improve their health, strength, and fitness levels. We are dedicated to providing you with the team, support, knowledge, and environment to help you make that commitment.

Will CrossFit make me big and bulky?

No. Sedentary lifestyles along with consuming high calorie, nutrient sparse foods make you big and bulky. As you get stronger you'll gain some muscle no doubt, but you'll also lose fat! This process is what most people call "getting toned". Whether or not you gain, lose, or maintain weight depends on how many calories you eat per day. We have custom nutrition programming available if you're interested in fast-tracking your results.

What does my investment get me?

When you sign-up at CrossFit Lacombe you are investing in a fitness-minded community of support, trainers' unconditional advocacy, nutrition advice and programming, a culture of results and permanent changes, a hot-line to answer any questions at any time, gym access, and/or the classes/sessions in your package. For as little as \$5/day you can join the community and start your fitness journey.

What type of results can I expect?

That depends on the commitment that you're willing to make. We have the knowledge, training, experience, and equipment to get you the body you want. Your results will reflect the work you put in.

What do your customers have to say about training at CrossFit Lacombe?

We have customers that range from 5 years old to people in their 70s, and every one of them is here for their own reasons and goals. We have been lucky enough to have many of them share their thoughts and testimonies about the product, services, team, and culture at CrossFit Lacombe. A full list of our member reviews can be seen here: (link to testimonials page). A few samples can be seen below.

- Such a great place! Everyone is so friendly and supportive. Super at working with any injuries or mobility issues you may have!
- I have enjoyed every grueling moment at CrossFit Lacombe! The instruction from Ryan and Brendan is amazing! Extremely welcoming environment. Very positive vibe.
- Best part of my day, every day.

How fit do I have to be to start this?

There is absolutely zero fitness requirement to start with us. We can adjust our class workouts to any fitness level, and we'll individualize your workout every day to suit your specific needs.

If I currently have an injury, will CrossFit help or hurt?

Treating pain isn't our job, but the strength and mobility you gain from our program can definitely help to decrease pain and prevent future injuries. As long as you're willing to let us modify the workout so that you can do it pain-free, we can work with almost any injury.

My schedule is pretty busy, how do your current members find the time to attend?

None of our current members have the time, they make the time. It takes a lot of proactive self management to commit to any fitness program. The only way to be successful is to make it a priority. I don't have the time is just code for 'I've decided this is not important enough to make time'.

What access do I have to the facility and the programs/classes?

As a CrossFit Lacombe member you have access to all of our CrossFit, CrossFit Lite, CrossFit Endurance, Weightlifting Club, and Open Gym times. Your membership type determines how many classes per week you can attend. You will also be able to access our check-in system for monitoring your attendance and progress, our online support community, and the help of our coaches. You can check out our schedule here: <http://www.crossfitlacombe.com/schedule/>

What support will I receive from the coaches at CrossFit Lacombe?

We will be there to guide you through your workout every day, answer any questions you have, and help you get through those tough times when you just feel like giving up. We are here to help you achieve your goals, and we'll do everything we can to get you there.

What is the Process to Become a Member of CrossFit Lacombe?

1. Half Hour Free 1 on 1 Intro Session	<ul style="list-style-type: none">-Basics of breathing and core bracing-Learn the exercises that will be used in your first class
2. Free Trial Class	<ul style="list-style-type: none">-Experience one of our classes to see if our style of training is right for you
3. Consultation	<ul style="list-style-type: none">-Get more information about our gym-Discuss your goals-Decide which of our programs will work best for you
4. 1 on 1 Basics Session - 60 min	<ul style="list-style-type: none">-Learn all the basic barbell movements we use in classes
5. Group Classes	<ul style="list-style-type: none">-3x/week or Unlimited membership options, Month to Month or Annual commitments