[www.crossfitmidnightlife.com.au](http://www.crossfitmidnightlife.com.au)

[www.cfml.com.au](http://www.cfml.com.au)

Must be on homepage:

# Notes

* Plans
  + Basic 3x week
  + Unlimited Crossfit Standard
  + Extra Crossfit + Open Gym
* 3 Boxes in footer
  + Contact information
  + Pricing
  + Timetable
* Rounded Buttons she loves
* Abstract shapes she loves
* Dark website she loves
* Simple and straight to the point
* Do a table on the timetable
* Dropdown for the about page
* Add slideshow caption

# About Page/Section

**About**

The Midnight Wolf:  
The wolf has long been a symbol which conveys strength and courage. It is a symbol of guardianship and loyalty. A Wolf has the ability to make quick and firm emotional attachments, and often need to trust their own instincts. Thus they teach us to do the same, to trust our hearts and minds, and have control over our own lives.

Secondly the name:   
There is a song by Bliss N ESO called Life’s Midnight. This song talks about over coming obstacles that you’re faced with and continuing on with your journey in life. It talks about living till “Life’s Midnight”. What does that mean? Who knows. When’s life’s Midnight? Who knows. At CrossFit Midnight Life we are “Strong Till Life’s Midnight”. To me this means being strong physically, emotionally and mentally for an undetermined amount of time. Till Life’s Midnight.

To sum all of this up, I believe it’s important to acknowledge each and every one of you for being strong, amazing humans. CrossFit is such an amazing sport where we push our bodies and really find out what we are capable of; holding onto that bar for that last rep, pulling 10 more kilos off the floor than we thought we could, running 800m when we have never ran that far in our lives, pushing through a 5 round workout when you want to quit in the second round. To me it’s never been about the leaderboard placings, how you look or what the scales say. It’s about being the best human you can be and doing something that is going to help you live a better life.

What is CrossFit?

Everyday there is a new **‘Workout Of the Day‘** posted on our app and this is called the **‘WOD‘**. The WOD is always constantly varied (never the same), functional movements (movements that prepare you for life), performed at high intensity (we make it harder or easier by adjusting the intensity level and the weight that is used).

Some days it could be weightlifting, some days it could be metabolic conditioning (cardio and endurance), other days it could be gymnastics or even a mix of all of them! This is what makes CrossFit workouts so great is that they are always constantly varied. They are however not random. Every WOD is carefully planned & programmed to cycle through all muscle groups & movements so over time you are working every inch of your body!

At CrossFit Midnight Life, the workouts are designed to suit the ability and skill levels of everyone; whether you’re just starting out or if you’ve been doing CrossFit for a number of years. We will never change the workout, we just scale it to suit your ability and fitness level. We do this by adjusting things like rep range, volume, time frames and weight.

The WOD will be posted daily, always the night before so you can get a sneak peak of what tomorrow will hold. Every class run that day will do exactly the same WOD. The coach will run the class and conduct detailed explanations and demonstrations of all movements that will be conducted. They will provide you with coaching to help improve your technique and ensure your safety and efficiency needs are met. You are never left alone to figure anything out like a normal gym.

After the WOD has finished the coach will take you through a cool down and stretch. Most WOD’s are scored in some way – either by time, how many rounds completed or how heavy you lifted. The coach during every class will log the athletes scores in our app so that you can track your progress over time and see how you compare to previous days. This is how we see constant improvement and results, by measuring our performances.

That is a very basic run down of a typical day at CrossFit Midnight Life. If you have further questions or want to see what a class looks like in action come and participate in a Free Trial Class, we’d love to meet you.

# Facilities

**OUR FACILITIES**

We are not your stock standard commercial gym, you won’t find treadmills, cable machines or mirrors. We focus on functional movements; drawing from the foundations of Olympic weight lifting techniques, gymnastics, body weight exercises and cardio vascular exercises like running, rowing and skipping. We use barbells, bumper plates, kettle bells, medicine balls, dead balls, climbing ropes, pullup bars, gymnastics rings and plyo boxes just to name a few.

You will learn movements such as the clean and jerk, snatch, deadlift, squat, kettle bell swings, box jumps, pullups, pushups, how to climb a rope and much more. All of these exercises are performed at high intensity, relative to your ability level and they are constantly varied so you will never get bored.

# Meet the Team

**OUR TEAM**

**Jade-** Day job- Owner and Head Coach of CrossFit Midnight Life

**Why did you start CrossFit?** I spent 10 years in the military and functional, constantly varied exercises that make you better at life always interested me. In 2012 one of my Army mates suggested we go and try out “CrossFit” after work one day. We went to this tiny little box and the workout was a huge number of pullups followed by an 800m run several times. We raced each other the whole way, had a great time and I’ve never looked back.

Favourite thing about CrossFit? This might sound cliché but there is nothing better than something that can train the 10 general physical skills. (cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.) Whatever your sport, CrossFit will make you better at it.

Favourite and least favourite movements? I’d have to say I love anything with a barbell and some fast grinding work like burpees and wallballs. My least favourite movements are anything gymnastics but that also makes me love them more.

**Ben-** Day job- Risk and Safety Manager

Why did you start CrossFit? I started reading the CrossFit Journal in 2009. I Spent years trying to work CrossFit into my training with mixed results. I finally walked into a CrossFit gym in 2014 and haven’t looked back.

Favourite thing about CrossFit? CrossFit is a one stop shop. I feel confident enough to take on anything life throws at me.

Favourite and least favourite movements? I enjoy dumbbells and the assault bike (will race people for it instead of rowing) but my favourite movements are anything that exposes a weak point. At the moment it’s the devils press.

**Christi**

Why did you start CrossFit? I started CrossFit in Canberra in 2013. A friend convinced me to do a free trial and I was hooked after one session.

Favourite thing about CrossFit? Definitely the community.

Favourite and Least favourite movements? My favourites are definitely pistol squats, handstand pushups, hang power cleans and burpees. No matter how much I do it, I HATE RUNNING!

**Zak**

Day job- I manage a small family business called Proauto Rubber

Why did you start CrossFit? After leaving the military I needed a new community as I had moved to a new town here in Albury. I found CrossFit was the perfect balance of meeting new people and training the way I loved to. Its also the ultimate in fitness training!

Favourite thing about CrossFit? Partner WODS on Saturday mornings. Everyone hanging out for some shared fitness and of course COFFEE!

Favourite and Least Favourite movement? Favourite is a tie between bench press and snatches and least favourit is thrusters….so bad.

# Footer

**FEES**

Casual drop in $15

3 X per week $40

Unlimited CrossFit $50

Unlimited CrossFit plus open gym $55

**Timetable**

Mon-fri: 6am, 9:15pm, 4:30pm, 6pm

Open gym: 3pm-7pm

Sat: 8am, 9am

Sun Open gym: 9am-11am

**Contact**

0434625864

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Instagram- @crossfit\_midnightlife

Facebook- Midnight Health and Fitness

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Link to crossfit journal > journal.crossfit.com