**Home page**

I’d like to mimic Rock It CrossFit’s page - <http://www.rockitcrossfit.com> the background picture will be the one attached to this email with our CFM wall.

I’d like the verbiage to read “Take the first step to getting in the best shape of your life”

When the “learn more” box is checked, I’d like it to go to our current “start Here” page data (see below)

**About CFM page**

**Insert all coach’s bios (remove part about Brad as owner)**

**Robert Bio:**

In the summer of 2011, Robert was introduced to CrossFit. After being a member of Lakeshore CrossFit for more than a year and watching the CrossFit Games in person, he decided he wanted to get more involved with the CrossFit lifestyle and that’s when he started thinking about opening up CFM. Since then he’s earned his Level 1 Certificate, traveled to boxes around the world and with the help of great great coaches, opened CFM.

Certifications: Level 1, Level 2

Please add one for yourself as well

**Getting Started page**

### STEP 1

Call (985.951.2255), email (link to info@cfmandeville.com), or stop by to speak with one of our experienced staff to find out more about our programs and set up an appointment for our ***Fundamentals*** program if you are new to CrossFit

### STEP 2

***Fundamentals (REQUIRED)***– **A 4 session course** that will be taught in a small group setting with a coach introducing you to our 9 foundational movements that are used in class.  Before entering the general CrossFit classes, we will take this time to get you familiar with how a class is run, what a WOD is, and find out more about YOU!

**The course fee is $100 which includes the 4 sessions, a CFM T-shirt and a CFM journal to record your progress**

### STEP 3

***CrossFit Classes***– You will have access to CrossFit classes on the calendar once your 4 Fundamentals sessions have been completed.

**Programs page**

**CrossFit**

We offer conventional CrossFit programming throughout the day which is included in your CFM membership. We program for the most advanced athletes and scale down as needed. This method ensures all athletes are consistently being challenged while allowing those that are still progressing to do so in a safe, but still competitive environment.

**Competitor’s Program**

This program is offered for those athletes that desire and are ready for additional training volume and intensity that also incorporates technical movements more frequently than our conventional CrossFit program. This program requires the athlete to meet certain prerequisites before starting these classes. Please see a CFM staff member with any questions. This program is also included in your CFM membership.

**Endurance Program**

CrossFit combined with Endurance is the perfect combination for any type of fitness training.  Just as CrossFit puts athletes through fundamental classes, CrossFit Endurance initially drills running techniques that help you learn to pace and become more efficient.  CrossFit Endurance will help you learn to pace inside and outside the box. After you learn the basics of pacing, posing, and running you will then start your endurance journey.  You will begin establishing 5k, 100m, 400m, etc. timed runs.  As you set these benchmarks, your coaches will begin adding volume and intensity to your drill and workouts all while continuing to improve your technique and form!

This program usually lasts for 8 weeks.

**This program is not included in the standard CFM membership and a program fee applies.** Please see a CFM staff member with any questions.

**SkinnyFit**

SkinnyFit is a high intensity cardio, boot-camp style class designed to blast calories and sculpt lean muscle. No barbells are used, but plenty of bands, MedBalls, Kettlebells and bodyweight movements will be incorporated. The class meets Monday – Friday at 9am for one hour.

**This class is included in your CFM membership. SkinnyFit ONLY memberships can be purchased for $99 per month.**

**BeFit Boot Camp**

This 8-week program will leave you feeling like a NEW you. BeFit is an upbeat program designed to help the unmotivated stay motivated! With nutritional guidance, accountability and support and some enthusiastic programming this program is sure to leave you with results!

Inquire today about our next Bootcamp session.

**This program is not included in the standard CFM membership and a program fee applies**

**CrossFit Kids page**

CrossFit Teens and CrossFit Kids cater to the specific developmental needs for this specific population. CrossFit Teens begins at age 12 and CrossFit Kids begins at age 8. Both programs fully develop the youth as an athlete, teaching proper form and technique, teaching a true meaning of dedication and hard work and having fun along the way. Classes meet Tuesdays and Thursdays, 4:30pm for teens and 5:30pm for kids. The hour-long class will consist of all the basics (i.e. running, lifting, squatting, etc.). No prerequisite is required.

**$40/month for once a week**

**$75/month for twice a week**

**\*Additional child receives 10% off**

Contact Coach Lacey for more details ([lacey@cfmandeville.com)](mailto:lacey@cfmandeville.com))

**Olympic Lifting Skills Class**

This 8-week course focuses on developing skills for the Snatch and the Clean and Jerk. The course is beginner level with an emphasis on skills and is NOT designed as a strength program. The class meets Tuesday evenings at 6:30pm and an additional time slot for 1 hour over the weekend.

**This program is not included in the standard CFM membership.**

**$160 is the cost of the 8-week class.**