



**BIMALA - Age 28**  
Trance Therapist and Mom

“The trainers at USCrossfit are second to none. They provide the perfect balance of safety, motivation, support and if you need it, compassion. In every workout I have reached new ground not only physically, but mentally, emotionally and even spiritually. I’ve never had that experience at a traditional gym.”



**STEVEN - Age 40**  
Chef and Mountain Bike Racer

“US CrossFit combines fitness with mental toughness that has enabled me to stay competitive with bikers half my age. It’s not easy, in fact, it can be very intense, but the group workout environment and dedicated staff make it fun and very rewarding. I’m in better shape at 40 than I was at 20 and I have US CrossFit to thank for that.”



**ALEAN - Age 51**  
Software Executive and Musician

“A year and a half of US CrossFit has measurably set the clock back 15 years based upon my recent cholesterol and bone density tests. I would strongly suggest it to anyone who thinks they are fit now but wants to see what is really possible.”