

Crossfit Uffda Now Offers Intro Package

October 23, 2015

October 23, 2015 - PRESSADVANTAGE -

CrossFit studio, Uffda, occupying a space in Carlson Business Center, now offers new customers an intro package that includes five introductory classes and two weeks of unlimited CrossFit classes for \$89.00 (a \$229.00 value).

CrossFit targets what it calls the major components of physical fitness: cardiorespiratory fitness, stamina, muscular strength and endurance, flexibility, power, speed, agility, balance, coordination, and accuracy. CrossFit workouts are highly intense and do not take a long time to complete, allowing practitioners to achieve a great workout in a short period of time.

"We specialize in group format, high-intensity workouts that focus on functional movements. We provide personalized attention similar to a personal trainer, in a peer-supported workout environment and at a fraction of the cost of a personal trainer," says founder Jason Massie.

CrossFit originated in 1974 by a California based gymnast, Greg Glassman. Glassman began supplementing his gymnastic training by incorporating non-conventional training methods, such as Olympic Weightlifting and sprint training. What he experienced were not only increases in his gymnastic specific performance but increases in his general physical preparedness.

Over the next 26 years, Glassman retired from gymnastics, became a fitness coach and began developing

the CrossFit system. The combination of Olympic Weightlifting, sprint training, and basic gymnastic

movements done in a constantly varied format and performed at high intensity were pushing the limits of and

bringing new-found success to the average person as well as some of the world?s best athletes.

Eden Prairie based CrossFit Uffda also offers mobility classes, private coaching, nutrition guidance,

kickboxing, and corporate health programs. Additionally, they work with the disabled as well as current and

aspiring CrossFit Games athletes. Their facility offers a private shower as well as a dedicated children?s

area.

"If you are looking for a jumpstart in your fitness, personal, or professional life, CrossFit Uffda provides you

with a new view of what is possible. Both physical and mental transformation occur daily under the watchful

eye of our passionate coaches while support and encouragement is provided by your peers. Break up the

monotony of life with a daily and mental challenge at CrossFit Uffda," says Massie.

Founded in 1980, JGM Properties and owns and manages Carlson Business Center, as well as 15 suburban

Minneapolis warehouse, and office space properties. JGM Properties works with over 300 tenants, including

CrossFit Uffda, to provide office, warehouse, and retail space for lease in Minnesota.

###

For more information about CrossFit Uffda. contact the company here:CrossFit UffdaJason

Massie612-859-2033info@crossfituffda.com6538 Edenvale BlvdEden Prairie, MN 55346

CrossFit Uffda

CrossFit Uffda targets what it calls the major components of physical fitness: cardiorespiratory fitness, stamina,

muscular strength and endurance, flexibility, power, speed, agility, balance, coordination, and accuracy.

Website: http://crossfituffda.com/

Email: info@crossfituffda.com

Phone: 612-859-2033



Powered by PressAdvantage.com