



## **Crossfit Uffda Now Offers Intro Package**

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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.

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For more information about CrossFit Uffda, contact the company here: CrossFit Uffda Jason Massie 612-859-2033 info@crossfituffda.com 6538 Edenvale Blvd Eden Prairie, MN 55346

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