



Crossfit Uffda Introduces Rowvember

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CrossFit studio, Uffda, occupying a space in Carlson Business Center, introduces Rowvember, a two-person challenge that holds a cash prize for the winning team while raising money for a charity of the winning team's choice.

"We're all sick of Movember. I can't grow a mustache to save my life, so, I'm happy to introduce Rowvember. Rowvember is an all-inclusive two-person challenge that can be done anywhere you have access to a Concept 2 Rower," says founder Jason Massie.

Throughout the month, participants will row as many meters as possible, and meters rowed during workout sessions count. Concept 2 Rower machines will also be available before and after class. Team entry is \$50 and 50% of the raised money will go to the winning team, while the other 50% will go to a charity of the winning team's choice.

Indoor rowing is an effective full-body, low-impact workout; Concept 2 is best known for its air resistance indoor rowing machines, which are considered the standard training and testing machines for competition rowers and can be found in most gyms.

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 Massie.

Uffda offers an intro package for new members which includes five introductory classes and two weeks of unlimited CrossFit classes for \$89.00 (a \$229.00 value).

CrossFit Uffda also offers mobility classes, private coaching, nutrition guidance, kick boxing, 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.

For more information, and to set up your introductory courses:

<http://crossfituffda.com/>

Founded in 1980, JGM Properties and owns and manages Carlson Business Center, as well as 22 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 info visit: <http://www.jgmproperties.com>

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