



- **CrossFit Angola:**
  - At CrossFit Angola, we offer group CrossFit classes.
  - CrossFit is a strength and conditioning program that incorporates weightlifting, gymnastics, and traditional cardio exercises all together to increase overall health and fitness.
  - The CrossFit program is designed for universal scalability making it the perfect application for any individual regardless of experience or limitations.
- **Class Hours:**
  - 5:30 am, Noon, 4:30pm, 5:30pm
  - Each class is 1 hour long and led by a CrossFit Trainer.
  - During class you will get led through a warm-up, mobility, technique work, WOD (Workout Of the Day), and a cool-down.
- **Membership:**
  - Regular Monthly Unlimited Membership= \$120/ month
  - State Employees= \$108/ month (10% Discount)
  - Immediate family members will also receive 10% discount
- **Location:**
  - 422 N. Elizabeth Street, Angola, IN, 46703
- **Website:**
  - [www.crossfitangola.com](http://www.crossfitangola.com)
- **Contact:**
  - 260-316-9261
  - [seth@crossfitangola.com](mailto:seth@crossfitangola.com)