

Reebok CrossFit

MEDFIELD

Reach Your Fitness Goals and Have Fun



Is CrossFit for you?

- achieve whole-body fitness
- become leaner and stronger
- enjoy greater results in less time
- have fun working out
- meet great people

Our Programs

- Adult CrossFit Classes
- CrossFit Kids: Ages 5+
- CrossFit Teens
- Specialty Clinics
- Nutrition Support

Why CrossFit Medfield?

- world-class coaching staff led by **Spencer Hendel**
- 4,500 sq. ft. training space with 20yard turf surface
- fun family atmosphere
- locker rooms with showers
- open 7 days/week

JOIN OUR COMMUNITY

Contact:

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Facility Information:

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EMPLOYEE FITNESS PROGRAM

RETURN ON INVESTMENT

CrossFit focuses on a community atmosphere! This inspires members to regularly attend classes and motivates them to constantly exert maximal effort both in and outside of “the box.” By joining our community, your company will create a stronger employee bond as well as build long-lasting, strong relationships with community members living in the local area. Here at Reebok CrossFit Medfield, we pride ourselves on the cohesiveness of our classes and the support we provide to one another while striving to live more fit lives.

BENEFITS

Encouraging employees to live a healthy, fit lifestyle will enhance corporate profitability and help your company flourish. Corporate fitness initiatives have been proven to lead to:

- lower health care costs
- reduced absenteeism
- increased employee engagement and motivation
- improved employee collaboration
- higher worker productivity
- reduced employee turnover
- improved employee recruitment

Studies have shown that every **\$1.00 spent** on a corporate fitness program results in up to **\$6.00 return on investment**.

“CrossFit has added a healthy and fun team building element to our company. We encourage each other and now have more energy while at work. CrossFit is the positive buzz at work!”

- Christopher Lane, local business owner

OUR PROGRAMS FOR LOCAL BUSINESSES:

Free 1-week trial for any new member

20% discount on company-sponsored membership for employees

Free 1-hour private introductory company-sponsored session for employees