

CROSSFIT EDWARDSVILLE

1,000 Things People Say About CrossFit Edwardsville after Joining!

(okay, so it's not quite 1,000... but you get the idea).

Written with love by the amazing men & women of our #CommunityOfExcellence !



Lindsey Richert  recommends [CrossFit Edwardsville](#).

June 3 · 



I can't rave enough about CFE!! I just completed the 6 week challenge and it exceeded all of my expectations! The coaches are knowledgeable and always eager to help. The classes are exciting, challenging (in the best way possible) and I always leave feeling like I got a quality workout. The feeling of community and the friends I've made so far is such a huge part of the experience. Everyone is encouraging and uplifting! Whether you're brand new to the fitness world or an experienced athlete, this is the place to be and grow. If you're considering trying CrossFit, joining or participating in a 6 week challenge, I'm here to tell you....DO IT. Do it NOW. You'll be so happy you did!! This is the best decision I've made for myself in years...if not ever. [#strongnotskinny](#)



Start a private conversation with Lindsey Richert in Messenger.

Message



Dallas Amsden  recommends [CrossFit Edwardsville](#).

June 30 · 



A++++ I have only great things to say about CFE!
The entire team of coaches --- Coach, G, Caroline, JJ, Shawn, etc. --- are knowledgeable, friendly, helpful, and they genuinely care about the personal success of every individual entering that gym. The atmosphere is always fun, and the other athletes are always having a great time SWEATING together. The team of nutritionists that Coach G has assembled are wonderful, and they helped me dial in my nutrition plan to achieve max metabolic state burn in a safe, long-term focused way (no more crash diets or yo-yo fads). The support system is awesome, and I couldn't be happier with my experience at CFE! HIGHLY RECOMMEND!



Start a private conversation with Dallas Amsden in Messenger.

Message

 You and 1 other

1 Comment

CROSSFIT EDWARDSVILLE



Dylan Madron reviewed CrossFit Edwarsville — 5★

April 11, 2016 · 🧑



Fantastic coaching with well designed workouts. The community is unlike anything I have ever experienced before and I am beyond grateful to call CFE my box. Keep up the good work Greg and Caroline!

👍❤️ You and 1 other



Matthew Aaron Lindow 🌟 recommends CrossFit Edwarsville.

May 25 · 🌐



This place is amazing....

Foundations is taught with 2 sometime 3 coaches and they care about your success long term... it's not how much weight you can do but how much weight can you do with perfect form.

I just finished the 6 week challenge I had a lot going on in my personal life so I didnt do my best but they were there encouraging me every step of the way .

In the 6 weeks I went from 296.lbs to 277 this morning and I love it. I can move better and more fluidly.

Highly recommend Crossfit Edwarsville for weight loss, longevity training, or just meeting new friends.



Start a private conversation with Matthew Aaron Lindow in Messenger.

Message



Tom Whitaker reviewed CrossFit Edwarsville — 5★

August 8, 2016 · 🌐



I have owned a professional Martial Arts facility for the past 16 years. I appreciate professionalism in the health/fitness industry, and I can can spot one right away. These guys are well educated, and take time to connect with the client; finding out their goals. They are concerned with safety, and create a very inviting atmosphere.

👍 CrossFit Edwarsville and Ryan Peebles



Kenzi Fee 🌟 recommends CrossFit Edwarsville.

March 11 · 🧑



CFE is such a great place with a community of other athletes around you giving you 100% support. I considered doing the challenge forever before I finally decided to jump in. I wish I would have started a long time ago! Every athlete of every skill level is welcomed and the coaching staff is incredible. Loving the results I'm seeing and looking forward to my journey here!



Start a private conversation with Kenzi Fee in Messenger.

Message

CROSSFIT EDWARDSVILLE



Ed-Christa Jones recommends CrossFit Edwardsville.

November 19, 2018 · 🌐

I have never done CrossFit, ever thought I would, or even been a member of a gym. CFE is a great experience. The coaches are awesome, knowledgeable, and patient. It is about safety first and moving with excellence. I have never felt better and at 47 I was in pretty bad shape. I am eating better, moving better, sleeping better, and mentally stronger. Thanks CFE, love the people I work out with and all the support.

❤️ CrossFit Edwardsville



James D Hooks recommends CrossFit Edwardsville.

January 9 · 🌐

Group group of people and great atmosphere. Everything that is done here is very scalable and everyone has a place and a challenge

❤️ CrossFit Edwardsville and Carmen Ruiz

1 Comment



Jerry Culp recommends CrossFit Edwardsville.

January 28 · 👥

I joined CFE a little over 6 weeks ago. I started out on the 6 week challenge and the changes have been REMARKABLE! I lost 22.3 pounds and 6% body fat! The CFE culture and regime is super. The coaches are super and very knowledgeable and helpful. My A1C and all labs have improved dramatically. I look forward to more changes in my immediate future. GREAT gym and workouts.

❤️ Greg Skelly

1 Comment



Jamie Bates recommends CrossFit Edwardsville.

January 29 · 🌐

So I'm a very lazy person when it comes to physical fitness and eating healthy. However, I joined CFE at the recommendation of a good friend and it has made a world of difference. The staff and coaches here are very personal. They care about making sure you're having your best hour of the day, but doing so as safely and effectively as possible. I would certainly recommend CFE to anyone, regardless of age or physical ability. The results speak for themselves!

❤️ CrossFit Edwardsville

1 Comment



Andrew Joseph Hughes recommends CrossFit Edwardsville.

January 25 · 🌐

Awesome environment with non stop encouragement love it

❤️ CrossFit Edwardsville and Greg Skelly

2 Comments

❤️ Love

💬 Comment

➦ Share

💬 Message



CROSSFIT EDWARDSVILLE



Nicole Clutts  recommends CrossFit Edwarsville.

March 11 · 

CFE is hands down the most welcoming gym I've ever belonged to. No matter what your athletic background is, these amazing coaches can adapt any workout to your abilities. I'm truly grateful for finding this community.



Start a private conversation with Nicole Clutts in Messenger.

Message



CrossFit Edwarsville

1 Comment



Mike Moxey  recommends CrossFit Edwarsville.

February 25 · 

Awesome people, awesome fitness.



Start a private conversation with Mike Moxey in Messenger.

Message



CrossFit Edwarsville

1 Comment



Karolynn Keil  recommends CrossFit Edwarsville.

April 8 · 

Very welcoming, positive, non-judgemental, good people.



Start a private conversation with Karolynn Keil in Messenger.

Message



CrossFit Edwarsville and Greg Skelly

2 Comments



Julie Mears  recommends CrossFit Edwarsville.

May 10 · 

I look forward to coming every time! The coaches are encouraging and effective! Definitely the best part of my day!



Start a private conversation with Julie Mears in Messenger.

Message



CrossFit Edwarsville

2 Comments

CROSSFIT EDWARDSVILLE



Marilyn McGrath recommends CrossFit Edwarsville.

March 9 · 🌐

Great place to gain strength and confidence. Positive environment. Knowledgeable, fun staff.



Start a private conversation with Marilyn McGrath in Messenger.

Message



CrossFit Edwarsville

1 Comment



Janelle Pourchot reviewed CrossFit Edwarsville — 5★

June 3, 2016 · 👤

I love these people 😊 professional. Entertaining. Motivating. Makes workingout suck a lil less 😊



Greg Skelly



Patrick Jameson recommends CrossFit Edwarsville.

March 19 · 🌐

great environment, knowledgeable coaches, excellent place to get a workout in for all



Start a private conversation with Patrick Jameson in Messenger.

Message



CrossFit Edwarsville and Greg Skelly

2 Comments

Love

Comment

Share

Message



Cary Lynn recommends CrossFit Edwarsville.

August 25 at 7:21 PM · 🌐

CFE is amazing!! Being new to the area made it very hard for me to start this journey, but everyone at CFE made me feel welcome and eased my anxiety. Thanks!!!



Start a private conversation with Cary Lynn in Messenger.

Message



Spencer Cuckney reviewed CrossFit Edwarsville — 5★

June 11, 2018 · 🌐

Love this gym! Supportive atmosphere, great trainers, and AMAZING workouts! I highly recommend this place!!



CrossFit Edwarsville

1 Comment

Love

Comment

Share



CROSSFIT EDWARDSVILLE



Casey Mezera reviewed CrossFit Edwarsville — 5★

June 26, 2017 · 🌐

Great box and great community. I took my gymnastics cert here and Greg and the crew were very accommodating and totally made it an awesome weekend.

👍 CrossFit Edwarsville and Elisha Norris

1 Comment



Like



Comment



Share



Courtney Danielle reviewed CrossFit Edwarsville — 5★

December 26, 2017 · 🌐

Dropped in on a visit to the in laws for Christmas. Great people, coaching, and loved that I was told I could stick around to finish up some accessory work!

👍❤️ CrossFit Edwarsville, Mark Donavon and Greg Skelly

1 Comment



Like



Comment



Share



John Listello 🌟 recommends CrossFit Edwarsville.

August 15 at 6:09 AM · 🌐

Only the best people are here!!!



Start a private conversation with John Listello in Messenger.

Message

❤️ CrossFit Edwarsville and Greg Skelly

2 Comments



Jared Meyer reviewed CrossFit Edwarsville — 5★

May 29, 2017 · 🌐

Dropped in for MDM. Coaches were great and the athlete community was very welcoming. Their box is a great size for a small town like Edwarsville, plenty of racks and pull-up bars. I highly recommend joining their team!

👍 CrossFit Edwarsville

1 Comment



Like



Comment



Share



Hayley Dall reviewed CrossFit Edwarsville — 5★

June 30, 2018 · 🌐

Yesterday was my first workout. It was 30min of intense abs. I may have felt like I was dying during, but the encouragement of Coach Greg keeps you going. After the class I felt invigorated and was ready to conquer the world! Headed back Monday!

❤️ CrossFit Edwarsville



Love



Comment



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CROSSFIT EDWARDSVILLE



Acasia Dowell  recommends CrossFit Edwarsville.

May 9 · 



Amazing place, people and workouts. It's an exciting and motivating workout that starts on your level, no matter what level you are. It's also fun and fast so you get the optimal workout in no time! Most importantly these are real, knowledgeable, personable good people. There's no way you couldn't fall in love with CFE!



Start a private conversation with Acasia Dowell in Messenger.

Message



CrossFit Edwarsville

1 Comment



Misty Fry Gosda reviewed CrossFit Edwarsville — 

August 2, 2018 · 



I did a drop in class this morning 8/2/18 and had a great experience! Coach Jason was great and everyone there was so nice and helpful! Thanks for letting me get a WOD in with you guys this morning!!



CrossFit Edwarsville and Kevin Billingsley

1 Comment



Love



Comment



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CROSSFIT EDWARDSVILLE



Michael Pagano  recommends [CrossFit Edwarsville](#).

July 27 at 1:16 PM · 



First off I highly recommend cfe. I've always been into fitness and thought that I had a pretty good regimen. I decided to start a new path and try Crossfit out. So I came to CFE. Let me tell u it's the best decision I've ever made. The coach's/staff are amazing at what they do. Of course your nervous trying something new I mean who isn't but cfe took me in like family. The facility, the coaches, and the workouts are top notch in my book. If U are looking to actually make a positive change in your life CFE is wr I would start. I'm living proof that it works and I recommend to anyone who wants to start a epic journey of a healthier/shredded life style to come check it out u won't b disappointed!!



Start a private conversation with Michael Pagano in Messenger.

Message



Kristen Levi  recommends [CrossFit Edwarsville](#).

July 7 · 



Crossfit Edwarsville is amazing! The trainers/owners are extremely knowledgeable and motivating. There is a wide variety of classes/times to choose from to meet everyone's needs. The community of people makes you want to keep going back. You can find people here from every age group and size, so don't be intimidated about joining. If you have any physical issues (weak knees, shoulders, etc) they will help you modify the moves. They also scale all exercises so if you can't do a more advanced version (example-hand stand push up) there is a easier level they start you at (wall pushup) and then you work towards the more difficult moves. Don't hesitate to give Crossfit Edwarsville a shot!



Start a private conversation with Kristen Levi in Messenger.

Message



Jinger Howald reviewed [CrossFit Edwarsville](#) — 

November 6, 2014 · 



Just joined this box in August and I feel like I've been going there forever. The people are amazing, fun, and friendly and the coaches ROCK.

 [CrossFit Edwarsville](#)



Feleshia Long reviewed [CrossFit Edwarsville](#) — 

February 5, 2015 · 



Great atmosphere and very knowledgeable coaches. I was skeptical at first about crossfit but doing crossfit especially at this gym was the best choice I could have made.

  [CrossFit Edwarsville](#) and [Bill Stokes](#)

CROSSFIT EDWARDSVILLE



Jamie McLean Patterson reviewed CrossFit Edwarsville — 5★

April 9, 2015 · 🌐

Love this place! Coaches know & care about their members. They go above & beyond to make sure every member is achieving their goals & that they are getting what they want out of their experience. I also love that it is family friendly!

❤️ CrossFit Edwarsville



Josh Jacobs reviewed CrossFit Edwarsville — 5★

June 5, 2015 · 🌐

Awesome venue! Great coaches and great people! Everyone makes you feel really comfortable and are extremely welcoming. They work you out hard at this gym which is precisely what I was looking for. Highly recommended

❤️ CrossFit Edwarsville



Cory Scott reviewed CrossFit Edwarsville — 5★

August 24, 2015 · 👤

Great people all around, great coaches, great environment and atmosphere.

👍 You and Caroline Plemons Skelly



Don Yakstis reviewed CrossFit Edwarsville — 5★

August 30, 2015 · 🌐

Professional, courteous, and FUN! Rarely have I felt as welcome at a new place the second I walked through the door. The membership is more than access to some weights, it is a doorway into a new lifestyle. One on one coach interaction, seminars, and outside partnerships prorate the membership fee to pennies in comparison to other places.

👍 CrossFit Edwarsville and Barbara Hill Bagby



Jennifer Parra reviewed CrossFit Edwarsville — 5★

October 11, 2015 · 👤

I absolutely love it here. I knew after the 1st class it would change my life.

👍 Virginia Ruiz Morris and 1 other

CROSSFIT EDWARDSVILLE



Tina Lynn Ritchie reviewed CrossFit Edwarsville — 5★

November 2, 2015 · 🌐



I love the support and how amazing they are! 5★
s!

CrossFit Edwarsville



Jan Voorhees Poore reviewed CrossFit Edwarsville — 5★

November 17, 2015 · 👥



Love the coaches! Great place to be challenged.
Everyone's very supportive!

1



Dina Roberts reviewed CrossFit Edwarsville — 5★

November 19, 2015 · 🌐



Absolutely the best part of my day, every single time. The coaches are knowledgeable, supportive and inspiring. The members are some of the best people I have ever had the pleasure of knowing.....every walk of life and fitness level and we all find ourselves in this together, every time and supportive of one another without fail. Crossfit Edwarsville has been an absolute life changer for me. I am thankful everyday for the challenges, friendship and community I have found in this organization.

CrossFit Edwarsville



Carolyn Daniels reviewed CrossFit Edwarsville — 5★

December 5, 2015 · 🌐



I love CFE people, coaches and workouts. This not your typical workout facility the coaches here work with you everyday. They encourage you, make sure you do the moves correctly to get the most out of the work out and they promote a family friendly atmosphere. Doesn't matter what age or physical shape you are in the coaches offer modifications to each workout that will meet your ability. I love CFE.

CrossFit Edwarsville



Michelle L. Price reviewed CrossFit Edwarsville — 5★

March 16, 2016 · 🌐



If you're looking for great coaching this is your place. You truly feel the concern the coaches have for you and the challenging workouts are fun. Reasonable priced as well.

CrossFit Edwarsville

CROSSFIT EDWARDSVILLE



Angela McCormick Fusaro reviewed CrossFit Edwarsville — 5★

March 16, 2016 · 🌐

CFE and all the people there have changed our lives for the positive and we will be forever grateful! Best Place Ever!!!!

👍 CrossFit Edwarsville



Pete Fusaro reviewed CrossFit Edwarsville — 5★

March 17, 2016 · 🌐

This place changed my life for the better. From the opening prayer to the gasping for breath, the community the fellowship, the coaches, there's nothing I don't love about my box.

👍 CrossFit Edwarsville

👍 Like

💬 Comment

🔗 Share



Lacey Sonderegger reviewed CrossFit Edwarsville — 5★

March 17, 2016 · 🌐

Best people, coaches, environment and programming!!! Love my CFE!!!

👍 CrossFit Edwarsville



Anthony Cubit reviewed CrossFit Edwarsville — 5★

November 12, 2016 · 🌐

The people and the vibe in this gym are An amazing combination. I wouldn't go to another gym unless I was in a competition that was held there... I have made more progress in 2 months here than 2 years of Dr appts. and physical therapy.

👍👍 CrossFit Edwarsville, Greg Skelly and Feleshia Long

2 Comments



Joshua Samson reviewed CrossFit Edwarsville — 5★

December 27, 2016 · 🌐

Really excited for 2017!!! Coaches are knowledgeable, environment is exciting. A community committed to self improvement. Invest in yourself, your health, mind, spirit, and body, it is always worth it. #getsome

👍 CrossFit Edwarsville and Rowena Dziubla

1 Comment

CROSSFIT EDWARDSVILLE



Randy Lemon reviewed [CrossFit Edwarsville](#) — 5★

March 18, 2017 · 🌐



CFE is the best Crossfit Gym in the area The coaches are top notch, the people who attend are encouraging, friendly, motivating and helpful All the Qualities the coaches possess and pass on everyday



CrossFit Edwarsville and Kyle Cary

1 Comment



Katie Nicole reviewed [CrossFit Edwarsville](#) — 5★

March 21, 2017 · 👤



I came to be a member of Crossfit Edwarsville 6 months ago through an introductory program. I can't say enough positive things about the gym, coaches, and CFE community. I'm grateful for all that they have done to help me in my fitness journey!



Greg Skelly

1 Comment



Brandon Jeffrey reviewed [CrossFit Edwarsville](#) — 5★

May 16, 2017 · 🌐



First few weeks down and CFE is excellent. I have had previous lifting experience but had lost motivation in recent years. I went looking for a change and CFE opened my fiance and I with open arms. She on the other hand has no lifting experience but still gets the most out of every workout. CFE challenges all fitness levels with experienced coaches who expect proper techniques while motivating you to work your hardest to reach your personal goals. CFE is a diverse family of people with all different fitness experiences that all come together to reach a common goal of improvement whether it be health, wealth, or relationships. If you are looking for a challenge but people around you for support, guidance, knowledge and motivation this is the place you need to be!



CrossFit Edwarsville and Mark Donavon

1 Comment



Jared Meyer reviewed [CrossFit Edwarsville](#) — 5★

May 29, 2017 · 🌐



Dropped in for MDM. Coaches were great and the athlete community was very welcoming. Their box is a great size for a small town like Edwarsville, plenty of racks and pull-up bars. I highly recommend joining their team!



CrossFit Edwarsville

1 Comment

CROSSFIT EDWARDSVILLE



Anna Yarger reviewed CrossFit Edwarsville — 5★

June 18, 2017 · 🌐

CFE is an amazing community promoting excellent fitness, nutrition, and creates a positive welcoming environment. The coaches are excellent teachers and create a great positive atmosphere for the athletes. I've been a member for over 4 years- no regrets.



CrossFit Edwarsville

1 Comment



Casey Mezera reviewed CrossFit Edwarsville — 5★

June 26, 2017 · 🌐

Great box and great community. I took my gymnastics cert here and Greg and the crew were very accommodating and totally made it an awesome weekend.



CrossFit Edwarsville and Elisha Norris

1 Comment



Srivatsan Sridhar reviewed CrossFit Edwarsville — 5★

March 11, 2018 · 🌐

Very friendly coaches. They are very helpful not only in the box but outside aswell. The coaches are very knowledgeable and have multiple certificates to back their coaching methodology. Highly recommend anyone in the area to check them out for fun filled sessions!!



CrossFit Edwarsville, Mark Donavon and Greg Skelly

1 Comment



Jill Maag Schrimpf reviewed CrossFit Edwarsville — 5★

April 10, 2018 · 🌐



CrossFit Edwarsville and Greg Skelly

1 Comment



Love



Comment



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Spencer Cuckney reviewed CrossFit Edwarsville — 5★

June 11, 2018 · 🌐

Love this gym! Supportive atmosphere, great trainers, and AMAZING workouts! I highly recommend this place!!



CrossFit Edwarsville

1 Comment



Marcia Delp Dowdy reviewed CrossFit Edwarsville — 5★

June 12, 2018 · 👤

Super excited for the new me and I know this is the place I'm supposed to be!



2

1 Comment

CROSSFIT EDWARDSVILLE



Kerry Standish Niemi reviewed CrossFit Edwardsville — 5★

June 13, 2018 · 👤

They make sure you are working out correctly to get the best outcome and are preparing me for success, along with prayer because this isn't possible otherwise. Love it all!



You, Jenny Morgan Peterson, Jennifer Grimm and 1 other

1 Comment



Barbara Roberts reviewed CrossFit Edwardsville — 5★

June 19, 2018 · 🌐

The coaches are great. They work to help you to succeed and encourage you even when you think you cannot go they keep you going.



Greg Skelly

1 Comment



Michele Shelly Bigham reviewed CrossFit Edwardsville — 5★

June 19, 2018 · 🌐

Awesome gym! Amazing trainers!!! Truly happy about starting this journey here.



CrossFit Edwardsville

1 Comment



Riane Greenwalt reviewed CrossFit Edwardsville — 5★

June 23, 2018 · 🌐

Doing the work - Love the results...



CrossFit Edwardsville, Katie Elrod and Gail Leinauer Higgins Stukenberg

2 Comments



Love



Comment



Share



Rebecca Luna reviewed CrossFit Edwardsville — 5★

July 15, 2018 · 👤

So much fun and high energy ! Instantly feel welcomed 💎



1

1 Comment

CROSSFIT EDWARDSVILLE



Jenny Morgan Peterson reviewed CrossFit Edwarsville — 5★

July 19, 2018 · 🌐

A supportive, positive environment with immense knowledge that improves your fitness, nutrition & mindset! Great people!



CrossFit Edwarsville and Christy Cassulo

1 Comment



Love



Comment



Share



Jeff Wagner reviewed CrossFit Edwarsville — 5★

July 29, 2018 · 🌐

Excellent gym with a well-organized staff.



CrossFit Edwarsville

1 Comment



Love



Comment



Share



Lauren May ★ recommends CrossFit Edwarsville.

August 15 at 5:17 PM · 🌐

My son is loving the kids class!! 🙌👍



Start a private conversation with Lauren May in Messenger.

Message



CrossFit Edwarsville and Greg Skelly

2 Comments



Michelle Davis ★ recommends CrossFit Edwarsville.

September 3, 2018 · 🌐

If I were to CrossFit this would be the place. I loved that we prayed before the workout. I also their goals



CrossFit Edwarsville

1 Comment



Fabian Ramirez ★ recommends CrossFit Edwarsville.

September 11, 2018 · 🌐

Best gym in the area, took their 6 week challenge and loved it. Had a personal trainer to teach me workouts, accountability coach to answer all my questions and an easy meal plan to follow. Definitely a must!



CrossFit Edwarsville

1 Comment

CROSSFIT EDWARDSVILLE



Benjamin Pettinari recommends CrossFit Edwarsville.

August 15, 2018 · 🌐



Great Workouts, great trainers, great atmosphere - I just can't get enough of this place. Go check it out, you will love this place

CrossFit Edwarsville

1 Comment



Thor Christerson recommends CrossFit Edwarsville.

September 13, 2018 · 🌐



Loved the experience! Has a six week challenge where it will change your life! The staff and people are amazing and I couldn't recommend this place more!

CrossFit Edwarsville

1 Comment



Isaac Lee recommends CrossFit Edwarsville.

November 8, 2018 · 🌐



Great facility, awesome people, workouts that FUN and constantly varied!! You'll never get bored and you'll leave feeling AMAZING!! 🎉🎉

CrossFit Edwarsville



Derrick Partman recommends CrossFit Edwarsville.

November 8, 2018 · 🌐



Great place to work out . The staff are great motivators and not just there to help the fit people .

CrossFit Edwarsville



Nicholas Cooper recommends CrossFit Edwarsville.

November 21, 2018 · 🌐



Dropped in for the Thanksgiving WOD. Very welcoming environment and super friendly. Even ran into an old friend. Definitely recommended.

CrossFit Edwarsville and Greg Skelly

1 Comment



Michaela Taylor recommends CrossFit Edwarsville.

June 24 · 🌐



Fun, friendly, and family oriented gym. I feel at home and never want to leave. I love this place.



Start a private conversation with Michaela Taylor in Messenger.

Message

CrossFit Edwarsville

1 Comment

CROSSFIT EDWARDSVILLE



Lisa Marie recommends CrossFit Edwardsville.

February 17 · 🌐



I love CrossFit Edwardsville it is my second home ❤️

👍 You and 1 other

1 Comment



Janell Chiasson Roedel recommends CrossFit Edwardsville.

August 18, 2018 · 🌐



There is no other place or group of people that I'd rather "do life" with. I consider it a blessing to call it my home gym.

👍👍 CrossFit Edwardsville, James Davis and Joanna Luyster



Bre Rogers recommends CrossFit Edwardsville.

June 3 · 🌐



Fair warning: This is going to be long. I have a lot to say.

I haven't been happy with my lifestyle for a few years. You know how it goes: you get out of college, you get a desk job, you pack on the pounds, you spend your evenings binge watching TV shows, etc. Well, maybe YOU don't, but I sure did. I lived a pretty sedentary lifestyle, I didn't have any hobbies outside of TV and social media, and I ate whatever was cheap and convenient. I was unhealthy, uncomfortable, and unhappy. And then my husband saw a post about CFE.

He begged me to go to an orientation with him to check the place out. I was adamant about not doing that, because gyms intimidated me (especially crossfit ones, like, jeez, those crossfitters must be so fit, they don't want someone like me in their gym!) BOY WAS I WRONG!

Immediately we were greeted with a smile and given a tour of the gym. We watched a few minutes of the class, spoke to some coaches, and we knew this was for us. The people at this gym are THE BEST! Everyone is so welcoming, kind, positive, encouraging, and (my favorite) non-judgmental.

So far at CFE I've lost some of that stubborn belly fat, learned so much about nutrition, become more comfortable in my body, found a healthy hobby, found new friendships, become part of a fit fam, surprised myself with my newfound abilities, and I've become so much happier! I could go on and on, but this review is already so long 😂😂😂

My point is, if you are ready to improve your health and your life, if you're ready to achieve your fitness goals, if you're ready to find your passion, if you're ready TO BE HAPPY AGAIN, come check CFE out. We'd be so glad to have you! 😊😊

CROSSFIT EDWARDSVILLE



Joanna Luyster  recommends CrossFit Edwardsville.

September 6, 2018 · 



I've been at CFE for 5 months now and with every passing day I become more impressed with the staff, the program and the community. Coach Greg has made it his life to educate and inspire anyone who walks through the door and will treat you like the individual you are as opposed to just another member at his business. He's friendly and customer service oriented yet knows his craft by heart, making him beyond qualified to run such a prestigious gym. This extends to his wife, coach and co-owner, Caroline, who is truly one of the nicest, down to earth and most considerate women I've ever met. She is the backbone of CFE and is constantly working on building, maintaining and improving the gym, from the chalk and the plates in the box to the relationships she has with staff, members and the children she trains and watches. The coaches here are wonderful. They want to see you succeed and give you CONSTRUCTIVE advice and criticism and cheer along with your successes. Crossfit in itself the most challenging and rewarding workout I've ever had. It builds you up from the inside out and doing it here at CFE provides you with the perfect environment to grow as an athlete!




1

2 Comments



Steve Stryker  recommends CrossFit Edwardsville.

January 18 · 



Best gym in the area. Enjoy the group workout



CrossFit Edwardsville and Caroline Plemons Skelly

1 Comment



CROSSFIT EDWARDSVILLE



Mark Phillips recommends CrossFit Edwardsville.

May 21 · 🌐



So, I stumbled upon CFE in a facebook ad a while back. I wrestled with the idea, but finally ended up signing up to take a look at the place and see if I could possibly find something that would work for my fitness and health needs.

It way surpassed them. I did their short 6 weeks challenge and dropped a whopping 21 pounds in that time. The "diet" is focused on helping you have a better relationship with healthy foods, is nowhere near any form of fad diet, and was just what I needed to get out of my rut. There is no deprivation or starving involved.

The programming is top notch, the workouts are easily scaled for safety and ability, and I've seen massive gains in both strength and stamina.

When I started I knew my first big issue was nutrition. They have nutrition classes and trained nutritionists that lead you through everything and check in on you. They blew away everything I expected.

I've lost weight, gained confidence, and made quite a few friends in the process.

I'd never been in a group setting before. By far the best part is the community and staff here. The coaches understand the needs of each person and work with you to get the most out of each workout. One major thing they watch and criticize often is FORM. They simply WILL NOT allow you to do an exercise you cannot do and hurt yourself. That was my first fear with crossfit in general, but I've scaled up from where I was and have become comfortable with the lifts, and began scaling up the other moves.

If you need a push with nutrition, or if you need a group that's going to keep you motivated to turn into the best version of yourself THIS IS IT. Give them a chance and you won't regret it. Best decision I've made as far as my health goes.



Michael Gebhart recommends CrossFit Edwardsville.

November 9, 2018 · 🌐



Very positive atmosphere can't wait to get started with coach JJ...

👍 CrossFit Edwardsville

1 Comment



Dan Skelly recommends CrossFit Edwardsville.

November 11, 2018 · 🌐



best gym I ever been to! 5/5 I would recommend

👍 CrossFit Edwardsville

1 Comment

CROSSFIT EDWARDSVILLE



Mohsen Falsafi recommends CrossFit Edwardsville.

June 23, 2018 · 🧑



Great gym and staff amazing training it's been a week and numbers on scale started going down



👍 You and 1 other

1 Comment



Nick Tayon recommends CrossFit Edwardsville.

June 4 · 🌐



Crossfit Edwardsville is more than a community, they're a family. Everyone cares about the others and wants you to succeed especially the owners.



Start a private conversation with Nick Tayon in Messenger.

Message



CrossFit Edwardsville and Greg Skelly

1 Comment



Kaylynn Pool recommends CrossFit Edwardsville.

August 9, 2018 · 🌐



Went from dreading a good workout, to loving the intense energy and hard work here at CrossFit Edwardsville! Love the environment, people and energy!



CrossFit Edwardsville

1 Comment

CROSSFIT EDWARDSVILLE



Shawn Crocker recommends CrossFit Edwarsville.

August 18, 2018 · 🌐



An incredible community to be a part of. Whether you are brand new to fitness or you are a seasoned veteran, the knowledgeable coaches will help you perfect your movements. Excellent programming, supportive athletes, and plenty of available classes to fit any schedule.

📍 CrossFit Edwarsville and Morgan Wallace



Mikey Hutt recommends CrossFit Edwarsville.

October 22, 2018 · 🌐



Come check it out. Awesome people all around. Great work outs.

👍❤️ CrossFit Edwarsville and Greg Skelly

1 Comment



Like



Comment



Share



Message



Amy Koshinski recommends CrossFit Edwarsville.

October 6, 2018 · 🌐



CFE is amazing! The coaches are so approachable, helpful, and encouraging and the sense of community and support is fantastic! I highly recommend stepping out of your comfort zone, learning about the foundation of nutritional success (at CFE) and giving it a try. You'll be amazed at what you can accomplish!

📍 CrossFit Edwarsville

1 Comment



Sue Moran Beatte recommends CrossFit Edwarsville.

March 20 · 🌐



Just started here the people are so friendly and know everyone by their first names..



Start a private conversation with Sue Moran Beatte in Messenger.

Message

📍 CrossFit Edwarsville and Greg Skelly

1 Comment



Jaime Kraut recommends CrossFit Edwarsville.

October 5, 2018 · 🌐



Everyone there is exceptionally nice. They are very invested in the members. I never once felt like I was not excepted by them even though I have a lot of self doubt.

📍 CrossFit Edwarsville

1 Comment

CROSSFIT EDWARDSVILLE



Danielle Nicole recommends CrossFit Edwardsville.

November 16, 2018 · 🌐

The coaching and members are very positive and encouraging. Greg and Caroline are always available to ask questions and guide you with advise. Not your average gym experience, but much more positive.

CrossFit Edwardsville

1 Comment



Karensa S. Renouf-Foraker recommends CrossFit Edwardsville.

October 16, 2018 · 🌐

Awesome workout. One of my favorite things about the training here is the way they break it down in steps so can fully understand why and exactly what you're trying to achieve. Thanks coach Shawn for always striving to push me to try and perform with accuracy and excellence! Your awesome 👍.

CrossFit Edwardsville and Christy Hawk Hardesty

1 Comment



Greg Oswald recommends CrossFit Edwardsville.

October 6, 2018 · 🌐

Great experience at CFE. Amazing Coaches are dedicated to helping you become your best. Guidance through the entire program and a great support community.

CrossFit Edwardsville and Karensa S. Renouf-Foraker

1 Comment



John Frame recommends CrossFit Edwardsville.

October 25, 2018 · 👤

Love this place. All the coaches are awesome!!

You and 1 other

1 Comment

Love

Comment



Derick McCoy recommends CrossFit Edwardsville.

October 18, 2018 · 🌐

I wanted to take a minute to relay my experience with Greg and Crossfit Edwardsville... I believe that they perform an invaluable service and really do change peoples lives for the better. The way they dealt with me was extremely helpful, respectful and genuine. I cant wait to become a member of the community in the near future and would encourage anyone who is looking for a positive life change to check them out. Thank you again Greg for taking the time to understand my situation. You proved to me that you are more than a great trainer and nutritionist, you are great person. My best wishes to you, your staff and your crossfit family!

CrossFit Edwardsville

1 Comment

CROSSFIT EDWARDSVILLE



Jimmy Jesse reviewed CrossFit Edwarsville — 5★

May 23, 2013 · 🌐

I have been around Greg and Caroline for quite some time, they are hands-down awesome people. The community that has risen up around them at CFE is difficult to describe in words, it is beyond anything I would have ever expected from a "gym". The passion they hold for fitness, nutrition, recovery and whole-bodiness is reflected in the coaches and athletes at CFE. This place is so much more than an hour a day.

❤️ CrossFit Edwarsville



Jason Smith reviewed CrossFit Edwarsville — 5★

July 15, 2013 · 👥

These people are like family. Even if they move on, the bonds never end.

👍 Like

💬 Comment

➦ Share



William Joseph reviewed CrossFit Edwarsville — 5★

August 28, 2013 · 👥

Every coach is amazing with a great personality...the gym is spacious and has a nice "cool down" area and all the athletes are awesome! Love love love this place!

👍 1



Dan Yarger reviewed CrossFit Edwarsville — 5★

August 30, 2013 · 🌐

I spend way to much time and CrossFit Edwarsville. However the workouts and the Friends make it an investment well worth it.

👍 Janell Chiasson Roedl, Anna Yarger and 13 others



Kayla Rae Bartz reviewed CrossFit Edwarsville — 5★

December 19, 2013 · 👥

Great atmosphere and amazing athletes! Also, wonderful and dedicated coaches!

👍 1

CROSSFIT EDWARDSVILLE



CourtneyErica Kennedy reviewed CrossFit Edwardsville — 5★

March 25, 2014 · 👤

Just started here a month ago and I have already noticed a change in my strength, cardio, and my confidence levels! I love the atmosphere and such good hearted people here... ❤️

❤️ Greg Skelly



Andie Devenney reviewed CrossFit Edwardsville — 5★

April 17, 2014 · 🌐

I love this place! From the minute I started they made me feel like family 😊 Can't wait for my next WOD!

👍 CrossFit Edwardsville



Mindy Davis Jenkins reviewed CrossFit Edwardsville — 5★

May 9, 2014 · 👤

I thought I would feel out of place but everyone is so supportive and welcoming. God definitely brought me to Edwardsville Crossfit.

👍❤️ You, Virginia Ruiz Morris, Christin Friederich and 2 others



Kevin Kellerman reviewed CrossFit Edwardsville — 5★

May 22, 2014 · 🌐

Coach G and his team makes people of all abilities and skill levels feel comfortable at Crossfit Edwardsville. He challenges you to be the best you can be, and proves to you that you can exceed your own expectations. Great program for people looking to challenge themselves and live a stronger, healthier life.

❤️ CrossFit Edwardsville



April Crew-Kelly reviewed CrossFit Edwardsville — 5★

June 3, 2014 · 👤

Love the Ramp Up program to get back into the swing of things and great flexibility from the staff.

❤️ Greg Skelly

CROSSFIT EDWARDSVILLE



Aaron Specht reviewed CrossFit Edwarsville — 5★

June 17, 2014 · 🌐

Family oriented atmosphere with an ultra skilled coaching staff coupled with a very large and functional facility. My kids love it. Greg and Caroline are life-changers. When seeking fitness, look no further. The fact that there is class specifically devoted to moms (the mom squad) shows the commitment to family. United with several nutrition seminars and team building challenges you have found your Crossfit.

❤️ CrossFit Edwarsville



Mindi Mellor-McDaniels reviewed CrossFit Edwarsville — 5★

August 6, 2014 · 🌐

Just started here but I love being apart of this...everyone is so encouraging and supportive and I love my group everyone is so nice.



Like



Comment



Share



Megan Downs reviewed CrossFit Edwarsville — 5★

August 8, 2014 · 🌐

I feel so grateful that I found CrossFit Edwarsville. It has been the best decisions I've made for my health in a long time. The environment is very friendly and welcoming. From my very first intro class, I've been surrounded by the most supportive and amazing people who push me on a daily basis to be better than I was the day before. It makes CrossFit and fitness in general less intimidating for someone who has a lower fitness level.

Greg and Caroline are wonderful! The coaches are amazing. They work closely with you to make sure you are pushing yourself, getting out of your comfort zone, and lifting safely. I find inspiration daily from the coaches, but also from the people in my class...which is very different from any other place I've every been. So far the physical results have been fantastic, I've lost 19lbs and continue to get stronger every time I go.

I highly recommend trying CrossFit Edwarsville!!!!



❤️ CrossFit Edwarsville, Gordon Bell and Barbara Hill Bagby



Barbara Hill Bagby reviewed CrossFit Edwarsville — 5★

September 28, 2014 · 🌐

Everyone is so helpful. The coaches give great guidance, make sure you are working within your limits, keep you safe. The staff and others in class give much encouragement and cheer your successes. I find I strive to be better and stronger every time I'm there. It is fun and it feels great when I finish the WOD (workout of the day).

❤️ CrossFit Edwarsville

CROSSFIT EDWARDSVILLE



K Miller

1 review

★★★★★ 2 years ago

Great people great environment.

Reply 1



Virginia Morris

2 reviews · 1 photo

★★★★★ 3 years ago

They have helped me achieve confidence, strength and ability I've never thought I would have. All the people and coaches are wonderful! The coaches are so knowledgeable and great motivators!

2

Response from the owner 5 months ago

Thanks Virginia!

Edit

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

Edit your review

4.9 ★★★★★ 67 reviews

Sort by: Newest ▾



bigdrov1x

16 reviews

★★★★★ 2 years ago

Best gym in the area by far

1



Katie Mothershed

10 reviews

★★★★★ 2 years ago


I am so grateful for CrossFit Edwardsville! I started back to working out 6 months ago after taking a couple of years off. I participated in the gym's introductory program that combined learning the foundations of crossfit with a nutritional program. The results were amazing. I was grateful for the patience Coach JJ had with me while I learned the fundamentals and built back my tolerance for exercise. The gym, coaches, and community is wonderful. It is a positive community filled with gym goers urging each other to be the best they can be. I'm so thankful to have accidentally found Crossfit Edwardsville.

2


CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Srivatsan Sridhar

7 reviews · 30 photos

 a year ago

Very friendly coaches. They are very helpful not only in the box but outside aswell. The coaches are very knowledgeable and have multiple certificates to back their coaching methodology. Highly recommend anyone in the area to check them out for fun filled sessions!!



Samantha

Local Guide · 83 reviews · 321 photos

 a year ago

Personal, professional and knowledgeable. Loved my time here and had a wonderful experience.



Jim Carey

Local Guide · 2 reviews · 69 photos

 a year ago

Everyone is so nice and they truly care about your wellbeing. I would recommend this place. If you have the desire and the drive to commit to a life of strength and wellness, this is the place for you.



Benjamin Pettinari

6 reviews

 a year ago

This has got to be the best Crossfit gym I have been to in a while. Great trainers, great Vibe and serious results. Awesome!



CROSSFIT EDWARDSVILLE



Ruthless Machine

3 reviews · 1 photo

★★★★★ 11 months ago

I drive an hour round trip to go here, that imo says a lot besides that I can't say much other reviewers havent already said. Only thing I'll add is I like how we go into a workout as a team and get through it as a team. Feels very much like a family environment, they call Planet Fitness the "judge free zone" psh that place can keep that phrase, CrossFit Edwardsville is a do not feel alone zone! Also, as a Roman Catholic I enjoy the prayer at the beginning of each workout, helps keep me grounded in my faith, which I sometimes lose sight of, so here I get grounded spiritually, worked physically and guided nutritionally.

& just a disclaimer these prayers are very much Christian Faith oriented, not exclusive to Catholics, honestly idk the faith of anyone there only that there is faith in God.



4.9 ★★★★★ 67 reviews ?

Sort by: Newest ▾



Lionel Balland

5 reviews

★★★★★ 11 months ago

These guys are the real deal, awesome gym with a great staff. Top of the line training from true professionals, highly recommend them!



Soulcraft Jiu Jitsu

5 reviews

★★★★★ 9 months ago

Great facility and awesome classes!



Response from the owner 5 months ago

Thanks guys!

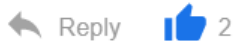


mckebb01

Local Guide · 25 reviews

★★★★★ 9 months ago

Outstanding coaching at this facility, highly recommend. Owners that care and phenomenal community!



CROSSFIT EDWARDSVILLE




Abby Peacock

7 reviews

★★★★★ 9 months ago

As a recent transplant to Edwardsville, I've enjoyed the positive community environment at Crossfit E. They have knowledgeable and friendly staff who focus on creating an uplifting and welcoming atmosphere. Resulting in a wonderful place to workout and de-stress.

← Reply  2



Jesús H. Vázquez

12 reviews

★★★★★ 8 months ago

After a one on one interview with Greg "Coach G" I signed up for the six week challenge, not only did I realize how out of shape I was right away but concerns started to come up from the get go, I was frustrated because I wasn't seeing results but I brought my concerns to the attention of Coach G and he was very helpful and forecoming to address all my concerns and went the extra mile to make sure I was getting the results, of course I had to do my part, a couple of months into this fitness and better eating journey I've lost 14lbs due to work commitments I have to take a 3 week break but will be back to continue bettering myself physically and mentally. I highly recommend this place where the whole staff is friendly but will push you to your limits, all in a great environment of camaraderie and fun, they are not miracle workers, they will guide you and put you on the path to a better you but at the end it is all you. Can't hardly wait to be back!

 1



Jaxon's Toy Review Lang

8 reviews

★★★★★ 5 months ago

CFE is the best! The coaching is awesome and the atmosphere is so positive. Everyone is so helpful and nice. They want to see you get stronger and go out of their way to help you. Highly recommend. Thanks cfe for changing my life, Angie Lange.


 1




CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Mary Hamrick

3 reviews

 5 months ago

The coaching at this box has seriously changed my life! Every coach is invested in the athletes, and they are super encouraging. The member athletes are really supportive of each other. A great community to be a part of!



Austin Sandberg

7 reviews

 5 months ago

Great place to workout. The staff is always ready to help with anything you need. Greatest hour of the day.



Michele Bigham

1 review · 2 photos

 5 months ago


CFE is more than a Gym, it's a community of people that care about each other and help each other to be the best they can be. I AM SO GLAD I found them!!




CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Kari Karidis

2 reviews

 5 months ago

Caring, supportive coaches. Great group of athletes and friends!!



Julie Mears

1 review

 5 months ago

This gym offers a great community that will support you no matter what you're level of experience or fitness is! The coaches are enthusiastic and make the workouts fun! I actually look forward to every day I come in to workout! I love this gym! Highly recommend to anyone serious about changing their life and self image.



Saranda Lund

2 reviews

 5 months ago

CrossFit Edwardsville is such an amazing community and gym! They will support you in achieving whatever your fitness goal is! They have helped me lose 16 lbs in 6 weeks and I have never felt stronger nor happier!



Janine Beaver

2 reviews

 5 months ago

This box is what Crossfit is about. It's the people! The coaches are awesome and great workouts!



CROSSFIT EDWARDSVILLE



Adam Gregory

2 reviews

★★★★★ 5 months ago

Great atmosphere and coaching.



CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

Edit your review

4.9 ★★★★★ 67 reviews ?

Sort by: Newest ▾



Amanda Dornhorst

1 review

★★★★★ 5 months ago

Love all of the coaches & members!!



Riane Greenwalt

1 review

★★★★★ 5 months ago

As an older 'athlete', I appreciate that support and encouragement from CFE. The coaches and fellow athletes make fitness FUN!

Thanks,
Riane



Makenzi Fee

1 review

★★★★★ 5 months ago

CrossFit Edwardsville is such an awesome community. I love how every skill level of athlete is welcomed with open arms and you have an enormous amount of uplifting support from everyone around you. ❤️



James Almeter

1 review

★★★★★ 5 months ago


It's a great place to do an amount of fitness that is incomprehensible



CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



natasha bates

3 reviews

 5 months ago

Love the vision and mission for excellence, discipline, community and fun!



Randy Lemon

1 review

 5 months ago

I've been attending CFE for 7 yrs. The coaching and the community of athletes is top notch. The coaches work on improving technique and help each individual obtain their personal goals I highly recommend Crossfit Edwardsville to everyone It will change you physically and mentally.



Lil Pino

1 review

 3 months ago

Great, close knit community! Family friendly and great with kids! Super positive environment! And 2 thumbs up to coach Lisa!... And them other coaches too!



Sanjay Nigam, M.D.

4 reviews · 3 photos

 3 months ago

Fun place to workout with excellent people and coaches



Jenn Lambert

5 reviews

 3 months ago

Fun people to work with, very friendly and knowledgeable! Staff works with you & they are very helpful! They even have a place for your children while you workout! Also has workout programs for your children! Clean place!



CROSSFIT EDWARDSVILLE



Olga Skelly

1 review

★★★★★ 3 months ago

Great people



Sam Wynn

1 review

★★★★★ 3 months ago

CFE has been fantastic at all stages in my first month here. Killer workouts and extremely knowledgeable coaches are just the beginning. The community here feels like a family and acts as such.



CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

Edit your review

4.9 ★★★★★ 67 reviews ⓘ

Sort by: Newest ▾



Karolynn Nahlik-Keil

Local Guide · 24 reviews

★★★★★ 3 months ago

Amazing fitness facility. Knowledgeable coaches who are with you every step of the way. No matter where you are at in your fitness journey- you have a place here. Team atmosphere- everyone is in this together! I found my new fitness family here and I hope you do too.



Gina Verticchio

4 reviews

★★★★★ 3 months ago

I can't say enough nice things about CFE and the community they have nurtured. It truly is like a family. I have improved my physical fitness tremendously. I have also improved my mental well-being by taking good care of myself. I look forward to attending classes as they are the highlight of my day. The coaches and all the staff as so encouraging and work with you at your level to be the best you possible without judgment or criticism.

CROSSFIT EDWARDSVILLE

any form of fad diet, and was just what I needed to get out of my rut. There is no deprivation or starving involved.

The programming is top notch, the workouts are easily scaled for safety and ability, and I've seen massive gains in both strength and stamina.

When I started I knew my first big issue was nutrition. They have nutrition classes and trained nutritionists that lead you through everything and check in on you. They blew away everything I expected.

I've lost weight, gained confidence, and made quite a few friends in the process.

I'd never been in a group setting before. By far the best part is the community and staff here. The coaches understand the needs of each person and work with you to get the most out of each workout. One major thing they watch and criticize often is FORM. They simply WILL NOT allow you to do an exercise you cannot do and hurt yourself. That was my first fear with crossfit in general, but I've scaled up from where I was and have become comfortable with the lifts, and began scaling up the other moves.

If you need a push with nutrition, or if you need a group that's going to keep you motivated to turn into the best version of yourself THIS IS IT. Give them a chance and you won't regret it. Best decision I've made as far as my health goes.




2



CROSSFIT EDWARDSVILLE

CrossFit Edwarsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Mark Phillips

Local Guide · 19 reviews

 3 months ago

So, I stumbled upon CFE in a facebook ad a while back. I wrestled with the idea, but finally ended up signing up to take a look at the place and see if I could possibly find something that would work for my fitness and health needs.

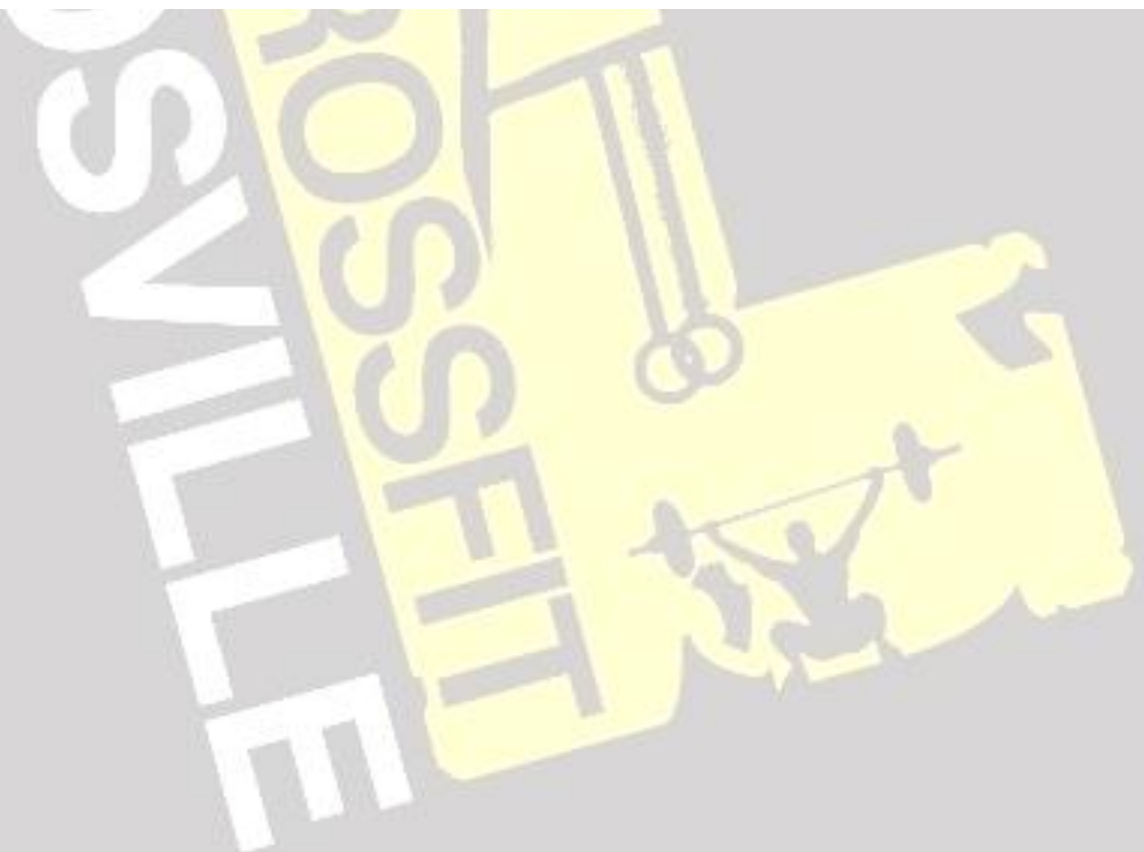
It way surpassed them. I did their short 6 weeks challenge and dropped a whopping 21 pounds in that time. The "diet" is focused on helping you have a better relationship with healthy foods, is nowhere near any form of fad diet, and was just what I needed to get out of my rut. There is no deprivation or starving involved.

The programming is top notch, the workouts are easily scaled for safety and ability, and I've seen massive gains in both strength and stamina.

When I started I knew my first big issue was nutrition. They have nutrition classes and trained nutritionists that lead you through everything and check in on you. They blew away everything I expected.

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CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review



4.9  67 reviews 

Sort by: Newest 



justin icide

4 reviews · 1 photo

 2 months ago · 

Coaches JJ and Shawn are the two I worked with for the times I went and they are by far some of the best I have ever worked with anywhere. They know the difference in how to talk to, work with, and make someone feel comfortable in an uncomfortable atmosphere where they are staring as a novice or a pro. It quickly becomes comfortable and like a family atmosphere. The knowledge of everything these coaches give you each day, is outstanding. I learned something from them each day. They are great at answering questions and always make time to coach each person individually in a class and when it's a bigger class, there's a second coach to make sure there's coverage! Equipment here is in good shape, never used anything that was broken, or so worn out that I didn't want to use it. They regularly clean EVERYTHING which is awesome. I enjoyed my time at this gym.



Immediately we were greeted with a smile and given a tour of the gym. We watched a few minutes of the class, spoke to some coaches, and we knew this was for us. The people at this gym are THE BEST! Everyone is so welcoming, kind, positive, encouraging, and (my favorite) non-judgmental.

So far at CFE I've lost some of that stubborn belly fat, learned so much about nutrition, become more comfortable in my body, found a healthy hobby, found new friendships, become part of a fit fam, surprised myself with my newfound abilities, and I've become so much happier! I could go on and on, but this review is already so long 😊😂🙏


My point is, if you are ready to improve your health and your life, if you're ready to achieve your fitness goals, if you're ready to find your passion, if you're ready TO BE HAPPY AGAIN, come check CFE out. We'd be so glad to have you! 😊😊



CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Brianne Vonnahmen

1 review

 2 months ago

Fair warning: This is going to be long. I have a lot so say.

I haven't been happy with my lifestyle for a few years. You know how it goes: you get out of college, you get a desk job, you pack on the pounds, you spend your evenings binge watching TV shows, etc. Well, maybe YOU don't, but I sure did. I lived a pretty sedentary lifestyle, I didn't have any hobbies outside of TV and social media, and I ate whatever was cheap and convenient. I was unhealthy, uncomfortable, and unhappy. And then my husband saw a post about CFE.

He begged me to go to an orientation with him to check the place out. I was adamant about not doing that, because gyms intimidated me (especially crossfit ones, like, jeez, those crossfitters must be so fit, they don't want someone like me in their gym!) BOY WAS I WRONG!

Immediately we were greeted with a smile and given a tour of the gym. We watched a few minutes of the class, spoke to some coaches, and we knew this was for us. The people at this gym are THE BEST! Everyone is so welcoming, kind, positive, encouraging, and (my favorite) non-judgmental.

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Devin-Austin Rogers

1 review · 1 photo

 2 months ago


Great team environment! I joined in on the 6 week challenge and hopped in on the nutrition. Even though I'm a picky eater I figured out the nutrition for me. Eating better and feeling better! I saw a lot of progress in 6 weeks. Such a non-judgmental, scale as you need kind of environment. I'm looking better and have better confidence. What a great team of coaches and lots of people to make friends with!



CROSSFIT EDWARDSVILLE

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Peggy W

1 review


 2 months ago

This gym is such a supportive and welcoming place. No matter if you are a beginner or an experienced athlete, you will be treated with the same respect. The people who work here will encourage you and give you the skills needed to help you grow. It is an awesome place to come and get your mind right.



CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 

Sort by: Newest 



Shane Faith

5 reviews · 1 photo

 2 months ago

This is one of the best places in the St. Louis are to go if you are looking to get fit. Before I came here I had a gym routine that had given me results but eventually stalled out. The classes and programs that are offered here got me out of that rut and back on track to meet my weight loss goals. The coaches here are amazing and always make sure you are giving 100% effort and that you are staying on track to meet your goals.

Are you stuck not getting the results you want from your current exercise routine? Are you having trouble losing weight, building muscle mass, increasing endurance, etc? Do you want exercise to be something you look forward to instead of just being another task in the day?

If any of those were a yes then walk in and ask about the challenge. That's what I did, trust me you wont regret it.



CROSSFIT EDWARDSVILLE



Angie Lovatto

1 review

★★★★★ 2 months ago

I recently joined and absolutely love it, and the people! I was nervous about a CrossFit gym but they make it a perfect environment for everyone and any level of fitness.



Mike Beatty

2 reviews

★★★★★ 2 months ago

I'm so happy I found this community to help me achieve my personal fitness goals! The members are all welcoming and encouraging, and the coaches are awesome! Looking forward to being an active member of this great group of people!



CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

Edit your review

4.9 ★★★★★ 67 reviews

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Dallas Amsden

2 reviews

★★★★★ a month ago

A++++ I have only great things to say about CFE!

The entire team of coaches --- Coach, G, Caroline, JJ, Shawn, etc. --- are knowledgeable, friendly, helpful, and they genuinely care about the personal success of every individual entering that gym. The atmosphere is always fun, and the other athletes are always having a great time SWEATING together.

The team of nutritionists that Coach G has assembled are wonderful, and they helped me dial in my nutrition plan to achieve max metabolic state burn in a safe, long-term focused way (no more crash diets or yo-yo fads). The support system is awesome, and I couldn't be happier with my experience at CFE! HIGHLY RECOMMEND!



Like



CROSSFIT EDWARDSVILLE


CrossFit Edwarsville

18 Kettle River Dr, Glen Carbon, IL

 Edit your review

4.9  67 reviews 


Sort by: Newest 

 **David Stewart**
1 review

 a month ago

Awesome organization with a staff that truly cares about your fitness goal. Check it out!!

 1

 **Chris Kizziah**
2 reviews

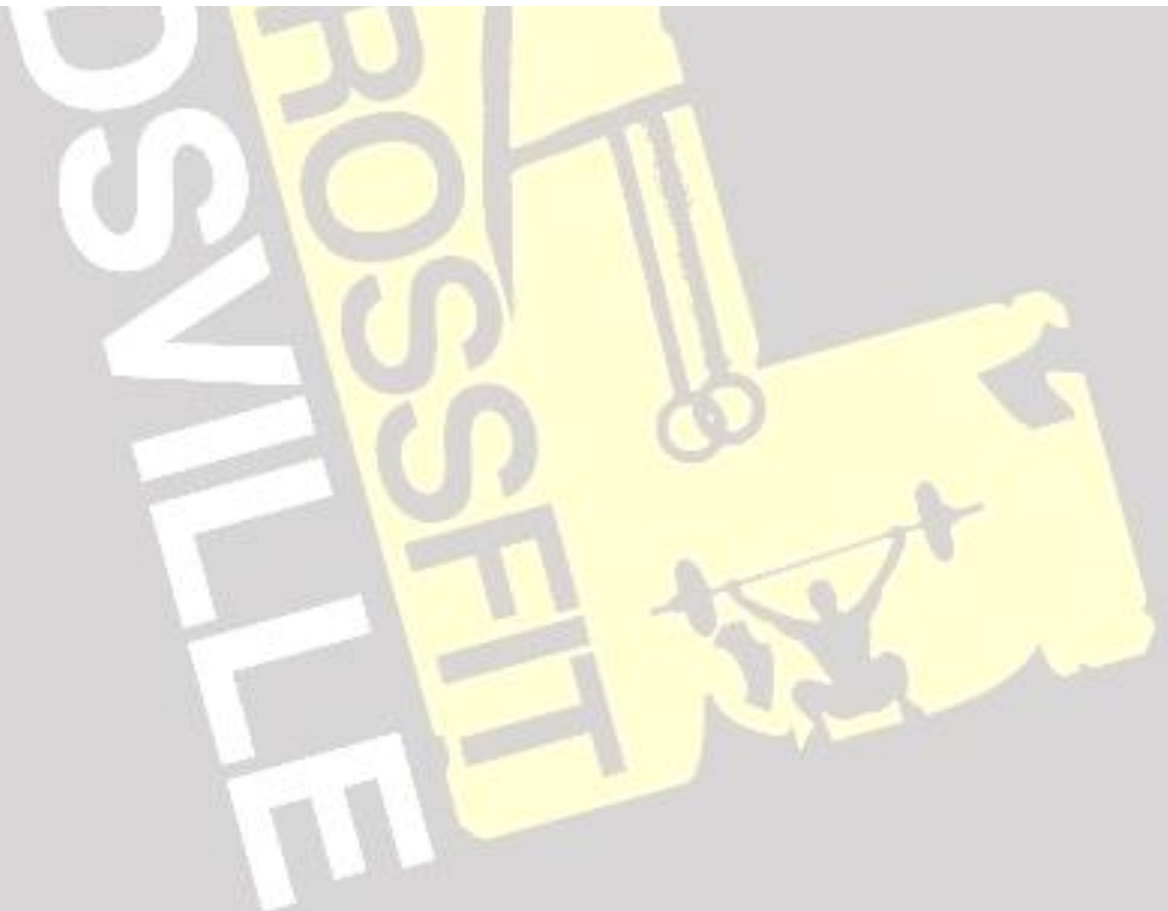
 a month ago

YESSSSSSSS!!!! I've been in programs with trainers over the past years and tried every "Guru" diet there is.....No results. Then I found this place 🙏 6 weeks in 30lbs Torched, 8%bodyfat down, I truly didn't even think this was possible. If your wanting to change your life, let me save you some time and GO HERE!

Incredibly educated staff, coaches, and truly 5 star support! Thank You For Saving My Life!

 Like

Response from the owner a week ago



CROSSFIT EDWARDSVILLE



Taylor G

4 reviews · 1 photo

★★★★★ 2 weeks ago

I enjoyed the 6 week challenge at CFE, and look forward to continuing my fitness journey.



Response from the owner a week ago

Thank you Taylor! We love having you as a part of the #CommunityOfExcellence ! =)



Edit

CrossFit Edwardsville

18 Kettle River Dr, Glen Carbon, IL

Edit your review

4.9 ★★★★★ 67 reviews

Sort by: Newest ▼



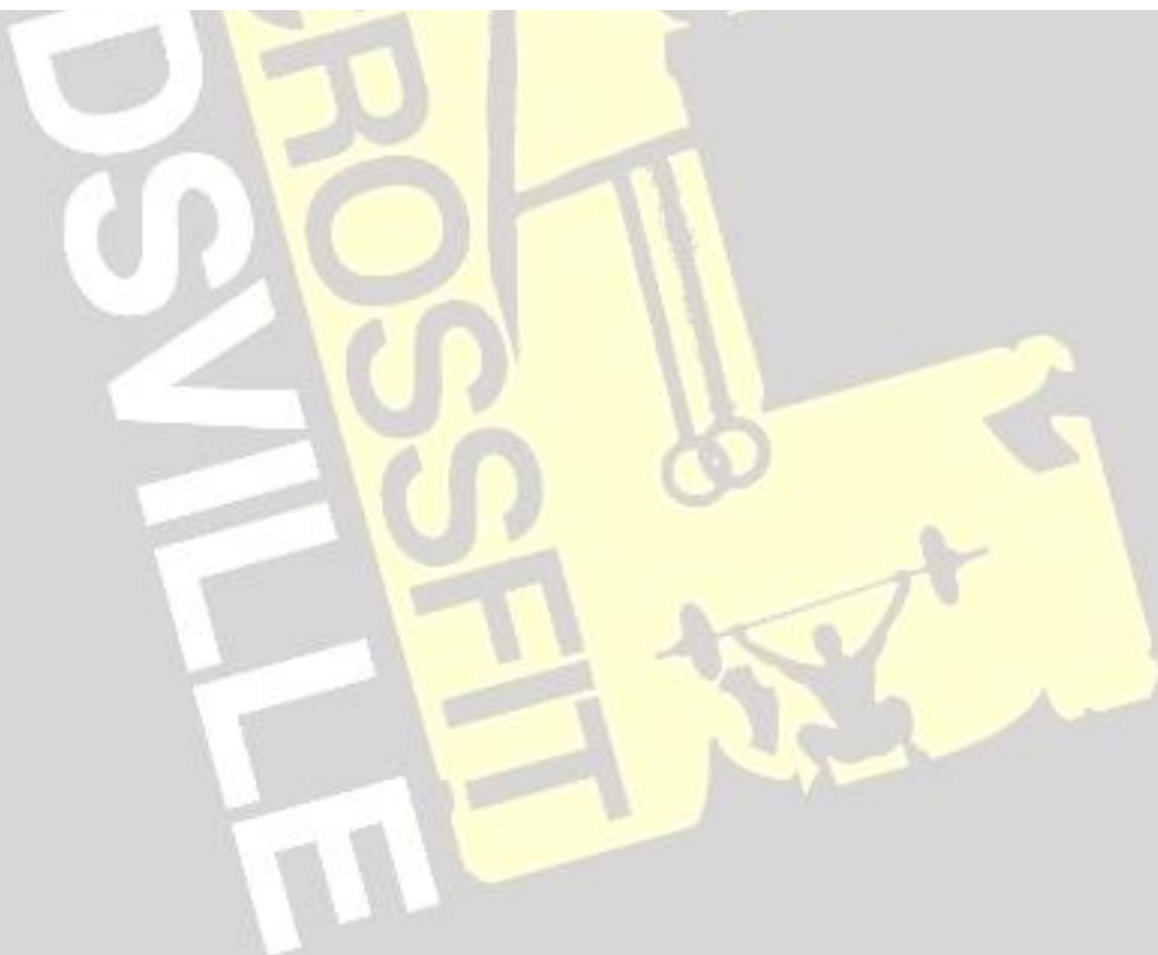
Rae Crouch

1 review

★★★★★ a day ago

What a wonderful place! Everyone, coaches and members are supportive and encouraging! They will scale any workout to your level. They push you to succeed. I am so glad I stepped out of my comfort zone! Thank you CFE

Reply Like



CROSSFIT EDWARDSVILLE



John B.
New York, NY
297 friends
62 reviews
148 photos
Elite '19

★★★★★ 7/18/2018

1 check-in 1 First to Review

The true mark of a Crossfit box is how they treat their drop-ins. Here, you're family. I've dropped in to this gym multiple times, including during The Open, and I've felt just at home. Facilities are clean and modern. This is a nice open space with outdoor access during nice weather.

As for Crossfit, this is for you no matter what you think. Whether you're an expedited athlete or you've never picked up a weight in your life, Crossfit can be for you. Come meet the supportive and helpful community at Crossfit Edwardsville.



Bradley C.
Glen Carbon, IL
39 friends
2 reviews
1 photo

★★★★★ 1/8/2019

Not your typical gym. Staff...coaches...part of the family. People there are always supportive.



Scott T.
Troy, IL
66 friends
1 review

★★★★★ 1/6/2019

Very welcoming and knowledgeable staff and gym! The ability of the coaches to get you to WANT to make yourself better and keep you on track is second to none. Highly recommend!!



Lisa M.
San Francisco, CA
0 friends
1 review

★★★★★ 1/5/2019

CrossFit edwardsville is the best gym around! The coaching staff to the community is so welcoming, helpful, and will make you feel at home! This is my second home you should definitely check it out!



Barbara W.
Houston, TX
63 friends
4 reviews

★★★★★ 4/11/2018

I love CrossFit and this place is wonderful! My son and I were looking for a new box and attended a class. The staff were so welcoming and included us! I highly recommend it!!



CROSSFIT EDWARDSVILLE



Adrienne S.
Edwardsville, IL
0 friends
2 reviews

★★★★★ 3/8/2019

I love this gym! I was skeptical of crossfit at first, but my friend talked me into trying out CFE. They have a great community, and the coaches are super supportive and help you push past any fears or anxieties you have about the workouts. The foundations class is an exceptional foundation to get started in crossfit. It covers proper form, movement, and modifications. The events they hold are tons of fun and they are great about varying up the workouts so you don't get bored. They also offer yoga, mobility, and gymnastics classes. This is just an all around great place to get in shape, make new friends, and push yourself to be stronger physically and mentally.



Chad B.
Edwardsville, IL
0 friends
5 reviews
2 photos

★★★★★ 3/8/2019

I've been a member of "CFE" for almost 2 years now. People ask what it's like and I respond the same. You join because you want to try it out, you stay because of the people and the results. Deeply experienced trainers in all facets of health and wellness, a fantastic community of members that become your friends in all walks of life (not just the gym), and a focus on meeting you where you are (no "do you even lift, bro?" types here.) whether your 7 (like my son) or 70, there is a program and a way for you to get started.



Mary H.
San Francisco, CA
0 friends
1 review

★★★★★ 3/7/2019

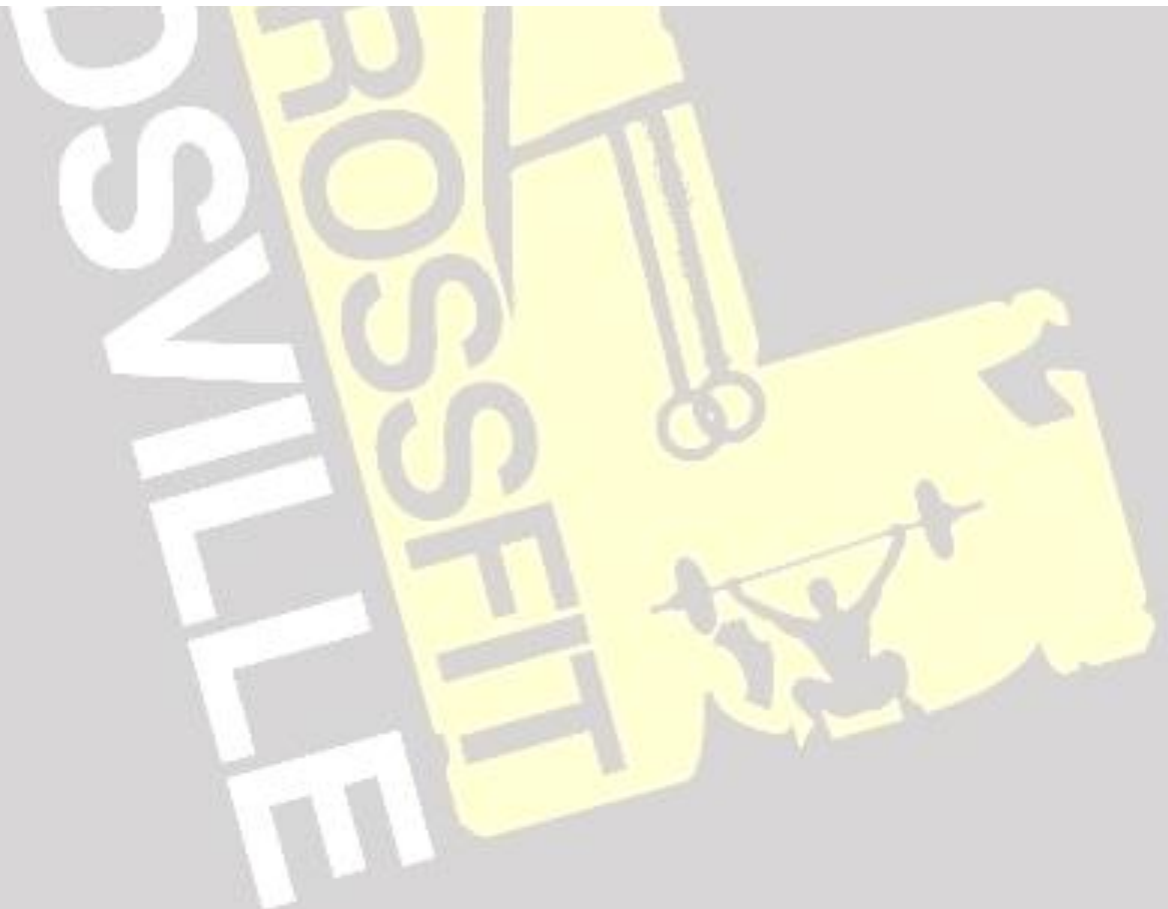
An amazingly supportive staff of coaches and member athletes! All fitness levels are welcomed and you are never made to feel like you don't fit in. They push you, but not beyond what you are capable of accomplishing.



John L.
Dardenne Prairie, MO
0 friends
1 review

★★★★★ 3/7/2019

Amazing staff. Exceptionally well educated in fitness, nutrition, Kinesiology, program development at the group and individual needs level. It's not just a CrossFit gym... it's an all-inclusive FAMILY!!!



CROSSFIT EDWARDSVILLE

Jenny G.
Edwardsville, IL
👥 55 friends
★ 1 review

★★★★★ 3/11/2019

This is a wonderful gym with excellent coaching and community. Doesn't matter your age or prior fitness experience, guaranteed to see gains and meet some awesome people



Jen P.
Hillsboro, IL
👥 0 friends
★ 1 review

★★★★★ 3/11/2019

Crossfit Edwardsville it's coaches & fellow members are amazon supportive people who will help you achieve your fitness goals & make you feel like a part of the family! Absolutely great people!



James D.
Scott Air Force Base, IL
👥 0 friends
★ 1 review

★★★★★ 3/10/2019

Absolutely the greatest community dedicated to helping people progress with their fitness and health. No matter where you are in your fitness journey they want to work with you to help you move better and consistently commit to getting a higher level of fitness.



Shelley G.
Collinsville, IL
👥 0 friends
★ 1 review

★★★★★ 3/10/2019

I've been a member to several local gyms. CrossFit Edwardsville is THE ONLY one I'd recommend to anyone! The coaches and members have me looking forward to going several days a week!



Saranda L.
Bellingham, WA
👥 154 friends
★ 1 review

★★★★★ 3/9/2019

CrossFit Edwardsville is such a wonderful place with the most amazing community and coaches! They will push you to achieve your goals and become a better version of yourself!

