

CrossFit Edwardsville

You're SCARED to Try CrossFit?

What REAL PEOPLE at CrossFit Edwardsville Say About the MYTH that CrossFit is SCARY, INTIMIDATING OR DANGEROUS!

Written by the #CommunityOfExcellence at CrossFit Edwardsville

"Take everything you've heard about CrossFit, and kick it out of your mind. The biggest myth out there is that it's dangerous, or that you'll do something crazy, and let me tell you- I feel safer here than I do at ANY gym that doesn't have [direct] guidance. Give it a shot! The coaches won't let you do anything unsafe." -Mark Phillips, single father of two and local Manager for a national coffeehouse brand

"If a housewife- who hasn't done anything in 20 years- can do it, you can do it too." -April Honaker, housewife and mother of three girls

If I'd have known what I know now, I'd have signed up WAY sooner.

"First of all, come talk to me. I WAS that person; I'd thought about trying CrossFit for about two years, before I actually signed up here at CFE. If I'd have known what I know now, I'd have signed up way sooner. There are people that start at all stages here. There are people who walk through these doors who have never been to a gym, and there are already-fit people who come here. They tailor or modify things for you here at CFE, so wherever you're at, they work with you. Anyone- any shape or size- can come here to work out, and they will feel at home." -Angela Lange, wife, mother, and Sales Manager

Greatest gym ever from staff to members. You want results? Go to CrossFit Edwardsville.

"I tell everyone about this place. Greatest gym ever from staff to members. If you want status quo, stay home. You want results, go to CrossFit Edwardsville." -Steve Meyer, husband, father and railway operator

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“Allow your interest to be greater than the fear and intimidation. CrossFit is simply a great fit for everybody. You will become strong at each workout.” -Charlene Merrill, mother and manager of a caretaker facility

“Don’t be scared!” -Nic Fahey, husband, father, and founder of the St Margaret’s Children’s Alliance

This fitness regimen literally meets you where you are & allows you to progress at your own speed.

“As someone who has participated in numerous different fitness regimens... this is one that literally meets you where you are and allows you to progress at the speed that you’re able to.” -James Davis, husband, father and army recruiter

“The great instructors will keep you safe.” -Norm Rhea, husband, father, mechanical engineer and account manager for HVAC sales

“I was scared when I first came here, but once you learn that it’s all about technique and the coaches help you through it all, it becomes a LOT less scary and a LOT more fun. [Plus], the community you build during that time is priceless.” -Randy Lemon, husband, father, and Customer Experience Manager

They don’t push you in a way that intimidates, only in a way that makes you GROW.

“CrossFit Edwardsville is really personal! The coaches scale to YOUR current abilities. They don't push you in a way that intimidates, only in a way that make YOU grow. The other members support and encourage. I've never been anywhere that matches this care for the individual.” -Mary Hamrick, mother and teacher

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“You only live once. Give it a shot! There’s NOTHING bad that can come from it.” -Andrew Hughes, husband, father of two, and retail maintenance supervisor

“You GOTTA try it! Don’t be scared!” -Jamie Chenault, wife, mother, and payroll specialist

People should be afraid NOT to do CrossFit, because you can’t keep doing the SAME thing and expect improved results.

“People should be more afraid NOT to do CrossFit, because you CAN’T keep doing the same thing and expect improved results. You have to get in here and apply yourself to be fitter and stronger. It gives you more FOCUS to DO LIFE!” -Carmen Ruiz, wife, mother, and nurse

“I’m really big into the Nike saying: ‘JUST DO IT!’ Even if you’re scared. Imagine if you were scared to do a lot of things related to accomplishing your goals. I’m a masters’ student right now, and a graduate student. If I was afraid to go to grad school, I wouldn’t be as successful. People can be scared of a lot of things; scared to get up, scared to get on a plane! You gotta face those fears and just do it! Come in here, try a class, and figure out how the environment is. I’m a spiritual person; see if the spirits around you resonate with you. The coaches: see if you can learn from them! We have so many options, from ‘scaled’ to ‘you wanna be a savage and go hard in the paint’- we’ve got those options too. You just gotta TRY IT! You can’t knock anything until you try.” -LaShata’ “Lala” Grayson, Sorority student counselor and university graduate student

“Just do it!” -Tim Rodgers, husband, father, audio/mix engineer in the music industry and coach of multiple sports teams

Put the fear behind you Just come do as the coaches guide you to do, and you’ll get much, much better.

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“I think it’s pretty natural to feel that way [when you’re new]; maybe you’ve been doing something else that’s totally different, you’ve seen this thing called CrossFit and you want to check it out. When you see the workouts and the intensity, you might think ‘oh, this is beyond my league’. That’s okay! Once you [start], you realize that everything will be scaled [to your present level of ability], you’ll fit in, and you’ll start to build a foundation for yourself and grow from there. It’s okay to be afraid, but put the fear behind you. Just come on out and do as the coaches guide you to do! You’ll see that you’ll get much, much better.” -Keith Miller, father of two, husband, and sales force manager

“You can’t be scared of something you’ve never tried. You gotta try it to see if it’s really scary or not.” - Kourtney Singleton, university student

“Babies are scared to walk; taking those first steps, it’s SCARY! But here, you have people to guide you, and get you through the process. Before you know it, you’re RUNNING!” -Indira Hulker, local business owner

Everyone is welcome and you will find a new home here.

“Do it afraid! Everyone starts somewhere. Don’t think you have to be some [star] athlete to start CrossFit. We have people of all different ages here- all different strengths, all different sizes. Everyone is welcome and you will find a new home here, quicker than you think.” -Virginia Morris, wife, mother and respiratory therapist

“That was one of my biggest concerns too- trying to get over fear. But honestly, there’s nothing better than putting yourself out there with a bunch of happy, ready-to-assist, accommodating people, in a gym that’s willing to do that: CrossFit Edwardsville!” -Nicole Clutts, wife and stay-at-home mom

Your mental, emotional, and physical strength will grow & work together to make you feel good.

“If you want to gain more than just physical strength, do CrossFit. Your mental, emotional and physical

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strength will grow and work together to make you feel good.” -Doug Peterson, banker

“I think you should try it! You won’t be disappointed. Your confidence will be boosted, and you’ll be STRONGER!” -Julie Mears, wife, mother, veterinarian & local animal-hospital owner

“Give it a try! It’s like anything else in life; the worst that could happen is [it doesn’t work out], but if you try and put in the effort, you’ll succeed!” -Ben Hutchings, land acquisitions specialist for an energy company

When you show up to class, it’s not intimidating; you can just focus on meeting your new friends.

“Come to CrossFit Edwardsville, where we have Foundations [new beginner onboarding program]. You’ll learn all the movements, all the techniques- everything, the coaches guide you through your first weeks. Then, when you show up to class, it’s not intimidating; you can just focus on meeting your new friends and family here. It makes it a lot easier!” -Patrick Burke, university student & active-duty military

“If you’re scared to try CrossFit, I feel like there’s two different scenarios. There’s the social aspect – you don’t want to be around new people because you’re worried you won’t be good enough. I think the other aspect is the physical component. I think you have to realize that CrossFit’s about personal growth- not anything else. By personal growth, I mean that it’s about what YOU can do. I’ve seen people with [all kinds of limitations] do [lots of incredible things] here. To me, that’s amazing. It’s all about that personal growth.” -Kyle Hostetter, recently engaged to the love of his life & professional systems engineer

The coaches are ready to work with you & adjust the workouts; they WANT to help you.

“I would say DO IT ANYWAY! Even if you think the face of CrossFit is this super-strong person (that’s not necessarily true!). You come in and coaches are ready to work with you, help you adjust the workouts, even if

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you're not as strong as someone else. They WANT to help you. They WANT to give you advice." -Sarah Lange,
university student & former competitive swimmer

"Do it anyway! Believe in yourself. CrossFit's not as tough as it looks." -Bryan Sims, active duty military

The community is probably the best part of CrossFit Edwardsville.

"Just try it! The community aspect is probably the BEST part!" -Rachael Beckemeyer, wife & financial
consultant

"You just gotta do it, or you'll never get back into a gym!" -Emily Honaker, student

One session will eliminate your fear at CrossFit Edwardsville.

"Give yourself permission to be comfortable with the uncomfortable - one session will eliminate your fear at
CFE through the support from Coaches and members. High fives all around!" -Riane Greenwalt, mother and
university administrator

"I was terrified in the beginning, also, but I took it slow, did my Foundations classes, and I'm doing great now."
-Kim Sletten

Every coach and gym member constantly encouraged and motivated others.

"You know, before this gym, CrossFit that I had seen was box jumps, lifting really big tires, and always being
injured. I was actually really nervous about [my daughter] Katie trying CrossFit for the first time. But the first

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thing I saw at this gym was people of all ages, stages, and styles. It wasn't just buff and injured bods. Lol. Trying something new is always a little scary. So would I say to someone, try CrossFit cuz it's awesome, no. But I would send people to THIS gym because I never heard a single bad remark, a single disparaging comment, and every coach and gym member constantly encouraged and motivated others. If you're going to try something new, you can do it here." -April Honaker, wife, mother, and homemaker

"I talk about the community and the scalability of everything we do." -James Hooks, husband, father, and health coach

No one walks in knowing it all. We learn from the coaches and from each other.

"Don't be intimidated because everyone from coaches to members support each other. We ALL had to start at the beginning. No one walks in knowing it all. We learn from the coaches and each other. Everyone goes at their own pace/abilities. You won't hear any snide remarks or feel anyone staring at you. What you will hear and see are people encouraging EVERYONE, high-fiving each other, fist bumps, and a shit ton of compliments." -Sherry Blair, wife, mother, nurse, stay at home mother

"Family like no other, support, [everyone has] each others' back[s], scalable, individual pace." -Karolynn Keil, wife, mother and customer service team leader

I just had a baby 4.5 months ago, and I missed CrossFit so much (during maternity leave). It's a huge team & family!

"It's an amazing community. I just had a baby 4.5 months ago, and that's what I missed the most while I was out- is the community. Everyone works out with you, everyone misses you, everyone cheers you on- there's nothing to be scared of. It's a huge team and an addition to your family!" -Brook Enyart, mother and retail/pharmacy manager for a national brand

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"I would say give it a shot! It's definitely worth it. I feel stronger than I have ever felt!" -Kasie Cary, wife & nurse

My family, my wife & kids- we can all do this together, so it's FUN that way too!

"You should come in and give it a chance. There's always a scaling option for everybody. That's why my family- my wife, my kids- we can all do it together, so it's FUN that way too!" -Rob Wise, husband, father, chiropractor and business owner

"I think most people who've been here a while were at that point. But still, just do it. You WON'T regret it! Everyone's so NICE!" -Sara Hoffman, wife, mother, and Adjunct Assistant Professor of Music Theory

Everyone is OVER THE TOP nice. Everyone's so kind!

"Oh my goodness, I was SCARED. My biggest mistake! My husband had to DRIVE ME HERE to CFE, and basically force me to come in the door! That was about a year ago, and I haven't yet met someone here who isn't OVER THE TOP nice. It's just encouraging; everyone's so kind! I've made friends, which- as in introvert- is a huge thing!" -Gretchen Lindow, wife, mother, business owner/food blogger

"Take a chance. Try something new. You won't regret it! Life changing gym! Can't say enough about the coaches and the programming!" -Julie Mears, wife, mother and business owner

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**Don't believe a word you hear from outsiders. Just come and try it
ONE time.**

"Don't believe a WORD you hear [from outsiders or the internet]. Just come and try it ONE time. Try it for yourself just ONE TIME." -Mark Donavon, husband, father of two, and manager of product development for a national pet-products brand

READY TO TAKE YOUR FIRST STEP?

We know you might not yet be 100% ready.

You might still not be sure if CrossFit Edwardsville is for you.

It's okay. We understand.

Before you even VISIT our gym, use the link below to set up a no-sweat phone-call CONVERSATION with us. We'll just talk. We'll learn what's important to you, answer your questions, and help you feel more at ease.

Use this link:

<https://meetme.so/ConversationWithCoach>

We'll talk to you soon. =)

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