

About Us

Written by Administrator

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CrossFit Mom is designed for pregnant women, post-partum women, and women who are thinking about becoming pregnant. We offer CrossFit workouts, scaled for all three trimesters and post-partum women. You can ask questions about scaling, substitutes for exercises or equipment, or something specific to your situation. Whether you already do CrossFit workouts, or want to start, we can help you on your fitness journey.