



## About Us

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At CrossFit 267, we start off at your level and teach you the basics. We slowly build as you progress to help you achieve your goals in a safe way.

Our goal is to help you achieve life-long fitness that improves your well-being.

## Contact Us

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Crossfit-267.com  
1325-A O'Reilly Dr, Feasterville, PA  
19053  
(267)337-3823

GROUP FITNESS PROGRAM  
DESIGNED FOR ALL LEVELS



All ages, all levels, all goals, one family.

# PROGRAMS

## CrossFit

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Crossfit is an hour long group class that combines weightlifting and Cardio to achieve a wide range of goals. Our program is designed to help you achieve any goal, whether you're looking to lose weight, gain muscle, improve your fitness, or tone. Our classes are led by highly educated coaches dedicated to your health and fitness.

## Personal Training

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If you're looking for more personalized attention and fitness, we offer personal training with our knowledgeable trainers. We work with your schedule to fit your needs.

## Nutrition

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No more Yo-Yo dieting! Our goal is to teach you how to sustain healthy eating while achieving whatever your goal may be. We are dedicated to your health, which is why we offer guidance on nutrition and meal planning.

## Kids

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Our kids bootcamp is designed for kids 7-14. They will learn how to make fitness fun and how to live a healthy lifestyle. This is the perfect class to supplement their current sports and help set them up for a fit and healthy future!

## Olympic Lifting

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This is an hour long class dedicated to perfecting Olympic Weightlifting movements: snatch and clean and jerk.