



WE PUT THE FUN IN FUNDAMENTALS

Our Fundamentals program is for the beginning CrossFitter, with little to no experience. Fundamentals is four personal one hour sessions with a PFC CrossFit coach that will teach you the basic mechanics and movements that you'll be expected to perform in regular classes. Fundamentals will guide you through a typical CrossFit class and have you prepared and ready to join the group classes.

SCHEDULE YOUR FIRST CLASS TODAY!

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