



What we Offer:

1. Group CrossFit classes: **5am, 6:15am, 6pm, 7:15pm**
2. Personal Training
3. Private small group training
4. Open Gym: Barbells, dumbbells, Kettlebells, Rowers, benches, Squat racks, etc.
7:15am-11am, 2pm-5pm (Times Subject to change)
5. Nutritional counseling services by our State Licensed Registered Dietitian
6. **In the Works:** Child care (with Class Reservation/additional package)
7. Community Library
8. Educational seminars (Various Subjects)
9. And much more!

We are located at:

1765 Highway 100

Suite 1765

Port Isabel, Texas 78578

***In the plaza where Starbucks is located, Down the hallway next to Dollar General ***

You can contact us at Aminfante15@Ripcurrentcrossfit.com

(956)299-4009

Facebook: Rip Current CrossFit

Instagram: @ripcurrentcrossfit

Email Subscription: <https://mailchi.mp/f57b353db1c3/ripcurrentcrossfit>

We hope you all join our community very soon!