

# CrossFit 301 Elite

"For CrossFitters by CrossFitters"

583 Northern Ave. Hagerstown, MD 21742

With the opening of CrossFit 301 Elite on June 8, 2013 the sport of fitness has arrived to Hagerstown, Maryland. The global fitness phenomenon started in a California garage and within the last 8 years has grown from a dozen to over 6,000 boxes world wide. CrossFit is being embraced by the community, our military, police, and fire departments. Because CrossFit is based on fundamental functional movements used in everyday life men and women of all ages are seeing life changing results!

Our classes will run an hour long and will include a warm up, skills and technique training followed up by a "WOD" (Work Out of the Day). WODs usually last 15-20 minutes and are performed at high intensity. Our programming changes weekly which does not allow for the body to adapt. We pride ourselves in staying true to CrossFit programming here at CrossFit 301 Elite by teaching skills, progressions, and by building a solid foundation for our athletes in nutrition, metabolic conditioning (cardio), weight lifting, gymnastics, and sport. We believe in lifelong fitness! All movements are scalable to an individual's fitness level and limitations; anyone can participate. Technique and safety are emphasized! We will be offering a one week free trial to all prospective members!

Contact Person:

Tim Kellinger (301) 788-8863  
Co-Owner and Head Trainer

- **Month to Month, 3 Month, 6 Month, & 12 Month Memberships Available**
- **Military, Law Enforcement, Emt, Fire Fighter, Medical & Student Discounts are Available**

Monday - Friday : 7:00 AM 8:00 AM 9:00 AM  
4:30 PM 5:30 PM 6:30 PM

Saturday : 9:00 AM 11:00 AM  
Sunday Closed

Note: As CrossFit 301 Elite expands we will add class times as needed.

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Try us for one week  
**FREE**