

WEST SEATTLE
CROSSFIT LOFT





4140 California Ave SW | Seattle, WA 98116

Check us out today with a **FREE** intro session!

(includes a tour, class, and Q&A)

Hours

5am–9pm, Mon–Fri
8am–2pm, Weekends

Contact

info@crossfitloft.com
www.crossfitloft.com

**We have more class offerings than
any other gym in Seattle.**

CrossFit • Open Gym

Olympic Lifting • Strongman

HIIT Bootcamp • Mobility

Yoga • Nutrition Coaching

CrossFit Teens & Kids

**Membership required*

VIRTUOSITY

KINDNESS

RESPECT

CONVICTION

SAFETY

OUTCOMES

POSITIVITY

COMMUNITY

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Now offering HIIT workout classes!

Join us for a FREE first week of HIIT classes.
(Friday is boxing day!)

Contact us for more information.

HIIT Workouts

Mon–Wed–Fri @ 6am, 10am, 6pm

Saturday @ 8am

Our Programs

CrossFit • Open Gym

Olympic Lifting • Strongman

HIIT Bootcamp • Mobility

Yoga • Nutrition Coaching

CrossFit Teens & Kids

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