


## CrossFit Abingdon - Abingdon

abingdon

I'm not a robot   
reCAPTCHA

Published on: 16/03/25	Hits: 63
Comments: 0	See comments
Votes: 7	Score: 5

[https://www.electrofitness.com/fitness-center/abingdon/crossfit-abingdon-abingdon\\_165893.php](https://www.electrofitness.com/fitness-center/abingdon/crossfit-abingdon-abingdon_165893.php)



*abingdon*

## *CrossFit Abingdon - Abingdon*

### **Welcome to CrossFit Abingdon: Your Fitness Destination in Virginia**

CrossFit Abingdon is more than just a gym; it's a community that thrives on **\*\*support, motivation, and accessibility\*\*** for everyone. Located in Abingdon, Virginia, this fitness center stands out due to its commitment to helping individuals of all fitness levels improve their health and strength.

### **Accessibility for All**

One of the standout features of CrossFit Abingdon is its focus on **\*\*accessibility\*\***. The gym provides a **\*\*wheelchair-accessible entrance\*\***,

ensuring that everyone can participate in the workout environment. This commitment to inclusivity makes it a welcoming space for anyone looking to achieve their fitness goals, regardless of mobility challenges.

### **A Wheelchair-Accessible Car Park**

For added convenience, CrossFit Abingdon offers a **\*\*wheelchair-accessible car park\*\***. This thoughtful provision reflects the gym's dedication to making fitness accessible to everyone. Whether you're driving yourself or accompanying a friend, you can rest assured that accessing the gym is hassle-free.

### **A Supportive Community**

Members of CrossFit Abingdon rave about the **\*\*supportive community\*\*** within the gym. Many have noted how the coaches are not only knowledgeable but also incredibly friendly and encouraging. "The coaches are super supportive and really take the time to help you get better," one member shared, illustrating the culture of camaraderie that permeates the facility.

### **Challenging Yet Fun Workouts**

The workouts at CrossFit Abingdon are designed to challenge participants while still being **\*\*doable for anyone\*\***. Members appreciate that they can see themselves getting stronger every week. "I love how the workouts push me to become stronger!" another member remarked, highlighting the effectiveness of the training programs offered.

### **Quality Coaching and Safety**

Safety and proper form are prioritized at CrossFit Abingdon. Coaches emphasize the importance of maintaining good techniques while pushing limits, allowing members to focus on improvement without the risk of injury. As one loyal member stated, "All of the coaches are so amazing at giving directions and helping everyone stay safe while improving their health and strength."

### **Join the Family**

If you're considering a place to work out, look no further than CrossFit Abingdon. With its clean environment, ample equipment, and a sense of community that feels like family, this fitness center is perfect for anyone ready to embark on their fitness journey. "We would love for you to join us!" expressed the owners, emphasizing their openness to welcome new members into this thriving community.

### **Your Fitness Journey Starts Here**

In summary, CrossFit Abingdon is not just a place to work out; it's a space designed with **\*\*accessibility\*\*** in mind, promoting a welcoming environment for everyone. With supportive coaches, dynamic workouts, and a commitment to

safety, it offers everything you need for a successful fitness journey. Don't hesitate—give it a try and discover what you are capable of!

**Our business is located at**

920 E Main St, 24210 Abingdon, Virginia - United States (US)

The phone number of this **Fitness center** is +1276-240-3648

And if you want to send a WhatsApp, you can do so at +1276-240-3648

**Our public attention hours are:**

Day	Hours
Monday	Closed
Tuesday	6–10?AM 3–6:30?PM
Wednesday	6–10?AM 3–6:30?PM
Thursday	6–10?AM 3–6:30?PM
Friday	6–10?AM 3–6:30?PM
Saturday	6–10?AM 3–6:30?PM
Sunday	7–9:30?AM

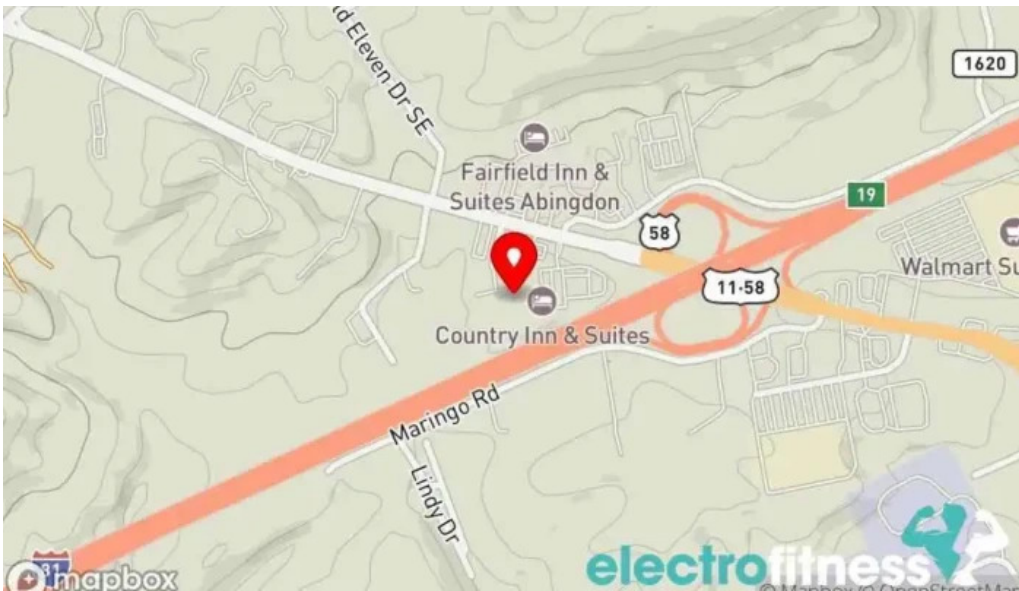
The website is CrossFit Abingdon

If you require to alter any information that you feel is incorrect related to this site, we ask deliver a message so we can we will fix it at the earliest convenience. In advance we appreciate it.

**Images**



*Crossfit abingdon street view 360deg*



*Crossfit abingdon map*



*Crossfit abingdon gym*



*Crossfit abingdon fitness center*



*Crossfit abingdon by owner*



*Crossfit abingdon all*



*Crossfit abingdon abingdon*

## Tags

*Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park*

## Related content

4.8 \* *Southern Pines CrossFit - Southern Pines*

5.0 \* *CrossFit Cayenne - Abbeville*

4.9 \* *CrossFit Abilene - Abilene*

4.9 \* *Top Fuel CrossFit - Valparaiso*

4.7 \* *CrossFit Grays Harbor - Aberdeen*

4.9 \* *Verse CrossFit - Abbeville*

4.6 \* *Crossfit Rails - Aberdeen*

4.8 \* *Crossfit 325 - Abilene*

5.0 \* *WiscoFit - Home of CrossFit Muskego - New Berlin*

5.0 \* *Crossfit 611 - Southern Pines*

## Categories

amusement park ride

arena

association / organization
boxing gym
boxing ring
church
community center
convenience store
country club
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hospital
hotel
indoor cycling
jujitsu school
kickboxing school
martial arts club
martial arts school
non-profit organization
personal trainer
physical fitness program
physical therapy clinic
pilates studio
public educational institution
recreation center
rock climbing gym
school district office
shooting range
sports complex
tennis club
thrift store
vitamin & supplements store
wellness center
yoga studio