

CrossFit Star Valley - Afton

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Discovering CrossFit Star Valley in Afton, Wyoming

If you're searching for an exceptional CrossFit experience in Afton, Wyoming, look no further than CrossFit Star Valley. This gym has garnered glowing reviews from users and is known for its welcoming atmosphere, exceptional coaching, and top-notch facilities.

Accessibility and Convenience

One of the standout features of CrossFit Star Valley is its ****accessibility****. The gym boasts a ****wheelchair-accessible car park**** that ensures ease of access

for everyone. Additionally, the ****wheelchair-accessible entrance**** provides an inclusive environment, making it a fantastic option for those with mobility challenges.

Amazing Coaching and Facilities

Visitors have been consistently impressed with the coaching at CrossFit Star Valley. Blake, the head coach, is not only an accomplished Olympic weightlifting coach but also excels in creating effective workout programs. Whether your goal is to build strength, improve sports performance, or simply stay fit, Blake's expertise ensures you are in good hands. The gym is equipped with everything you could possibly need: from Olympic bars and lifting platforms to a variety of free weights, kettlebells, and specialized machines like GHDs and reverse hypers. Those who drop in for a session rave about the quality and condition of the equipment, with many describing it as "brand new" and "well oiled."

Workout Experience

The atmosphere at CrossFit Star Valley is vibrant and encouraging. Members appreciate the camaraderie among participants and the commitment of the coaches to provide a supervised and coached experience. Many users note the well-planned workouts that cater to various skill levels, making this gym suitable for both seasoned athletes and newcomers. The availability of 24/7 access is another major draw, although it's worth noting that early learners may have specific time restrictions. Despite some initial confusion about access, many leave feeling empowered and having learned valuable skills that challenge their physical boundaries.

Conclusion

CrossFit Star Valley is a premier destination for fitness enthusiasts in Afton, Wyoming. With a focus on accessibility, quality coaching, and a wealth of equipment, it stands out as one of the best CrossFit gyms in the area. Whether you're a local or just passing through, this gym is worth a visit for an invigorating workout and a warm community experience.

We are established at

82717 US-89, 83110 Afton, Wyoming - United States (US)

The contact phone of the mentioned **Gym** is +1307-887-7030

And if you want to send a WhatsApp, you can do so at +1307-887-7030

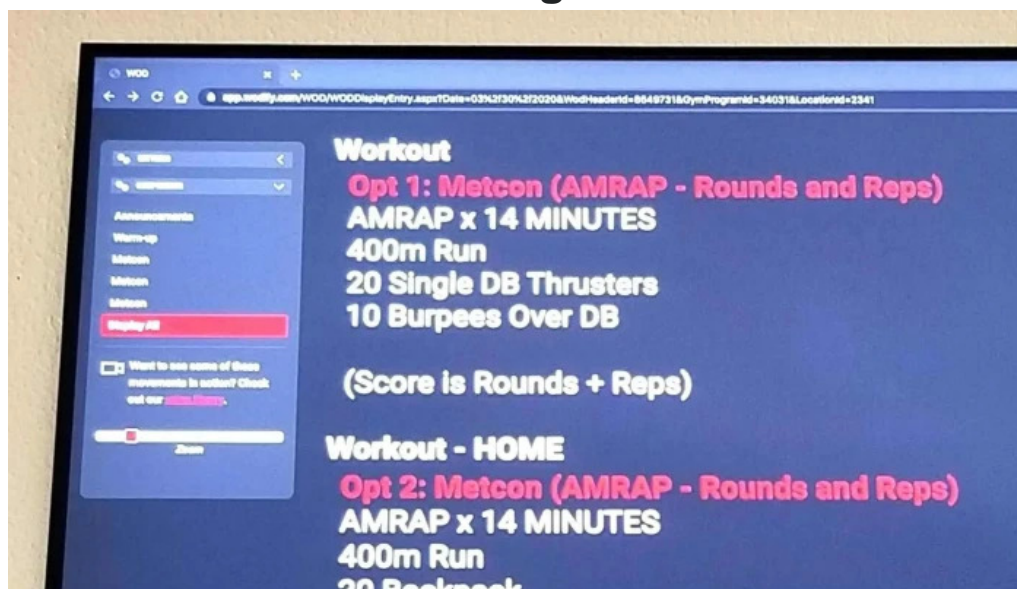
We open at the following schedule:

Day Hours
Monday
8–10?AM
Tuesday
Closed
Wednesday
5?AM–6:30?PM
Thursday
5?AM–6:30?PM
Friday
5?AM–6:30?PM
Saturday
5?AM–6:30?PM
Sunday
8–10?AM

The website is CrossFit Star Valley

If you require to update any information that you feel is not correct regarding this site, we urge you to forward a message and we will fix it at the earliest convenience. With anticipation thank you very much.

Images



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Crossfit star valley gym



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Tags

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

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weightlifting area
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