

CrossFit Lifestyle - Burlington

burlington

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burlington

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Discover the CrossFit Lifestyle at CrossFit 584 in Burlington, North Carolina

Located in the heart of Burlington, North Carolina, **CrossFit 584** is more than just a gym; it's a thriving community that embraces fitness for all. With an emphasis on accessibility, this CrossFit box is designed to accommodate everyone, featuring a **wheelchair-accessible car park** and a **wheelchair-accessible entrance** to ensure that all members and visitors can enjoy their workouts without any barriers.

A Welcoming Atmosphere

From the moment you step inside, you're greeted by a warm and inviting atmosphere. Many visitors have commented on how welcoming the members and coaches are, creating an environment that feels like home. Whether you're an experienced athlete or new to fitness, you'll find that everyone here is eager to support your journey. As one member noted, "Great people, super workouts, great staff" highlights the sense of camaraderie that permeates **CrossFit 584**.

Exceptional Coaching and Class Structure

One of the standout features of CrossFit 584 is its commitment to quality coaching. The head coach, Scott Barbee, along with his team, provides detailed attention to technique and form, ensuring that every member can train safely and effectively. Numerous visitors have praised Scott for his knowledge and passion, stating that he meets individuals at their fitness level while also challenging them to improve. Jamie, another phenomenal coach, is recognized for her ability to tailor workouts and modifications to each participant's needs, making sure everyone learns proper techniques while enjoying the process.

Facilities that Impress

CrossFit 584 offers an impressive array of equipment and space for workouts. Members frequently comment on the cleanliness and organization of the facility, making it a pleasant place to train. After a rigorous session, members appreciate the availability of **showers**, allowing for a refreshing clean-up post-workout.

The Community Vibe

The collective spirit at CrossFit 584 is unmatched. Whether you're dropping in for a class while visiting from out of town or considering a membership as a local, you'll quickly notice the supportive environment. Many past visitors remarked on the friendly interactions they had, with one stating, "I felt right at home." This sense of community is further amplified by the varied programming that keeps workouts engaging, ensuring that boredom is never a concern.

Your Next Steps

If you're in Burlington or planning a visit, make sure to check out CrossFit 584. With its **wheelchair-accessible entrance**, a focus on **accessibility**, and an inviting atmosphere, it is a gem of a CrossFit box. Whether you're here for serious athletic training or simply looking to maintain a healthy lifestyle, the supportive coaches and members will help you on your fitness journey. Don't miss out on experiencing what many have called the best gym in town!

The business is situated at

3319 S Church St, 27215 Burlington, North Carolina - United States (US)

The contact line of said **Gym** is +1336-568-8298

And if you want to send a WhatsApp, you can do so at +1336-568-8298

Our service hours are:

Day	Hours
Monday	5:30?AM–7?PM
Tuesday	5:30?AM–7?PM
Wednesday	5:30?AM–7?PM
Thursday	5:30?AM–7?PM
Friday	5:30?AM–7?PM
Saturday	8:30–11?AM
Sunday	2–4?PM

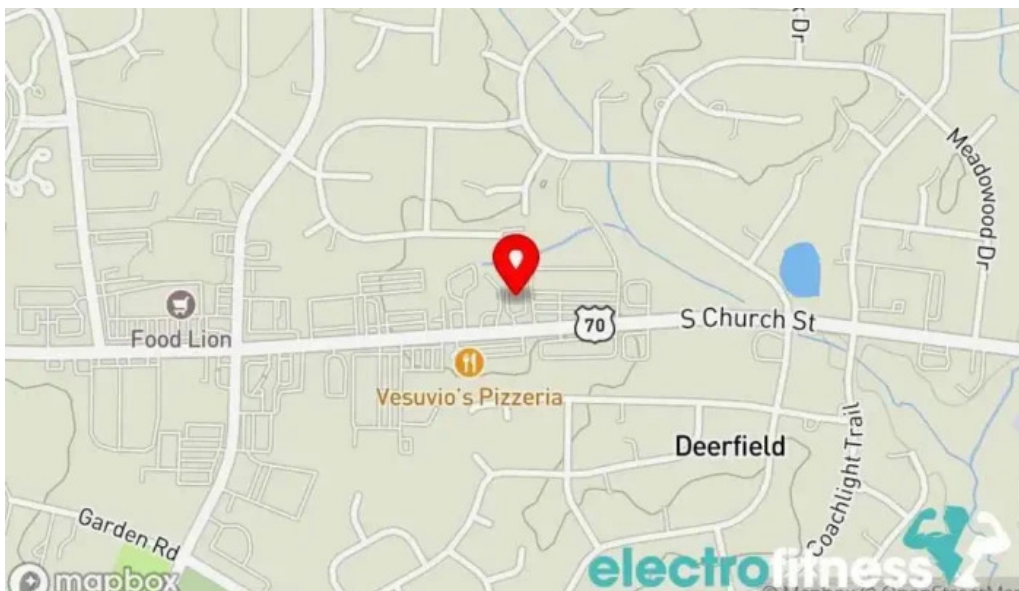
The website is CrossFit Lifestyle

If necessary to update any information that you feel is incorrect regarding this portal, we ask send a message so that we will handle it at the earliest convenience. In advance thanks.

Images



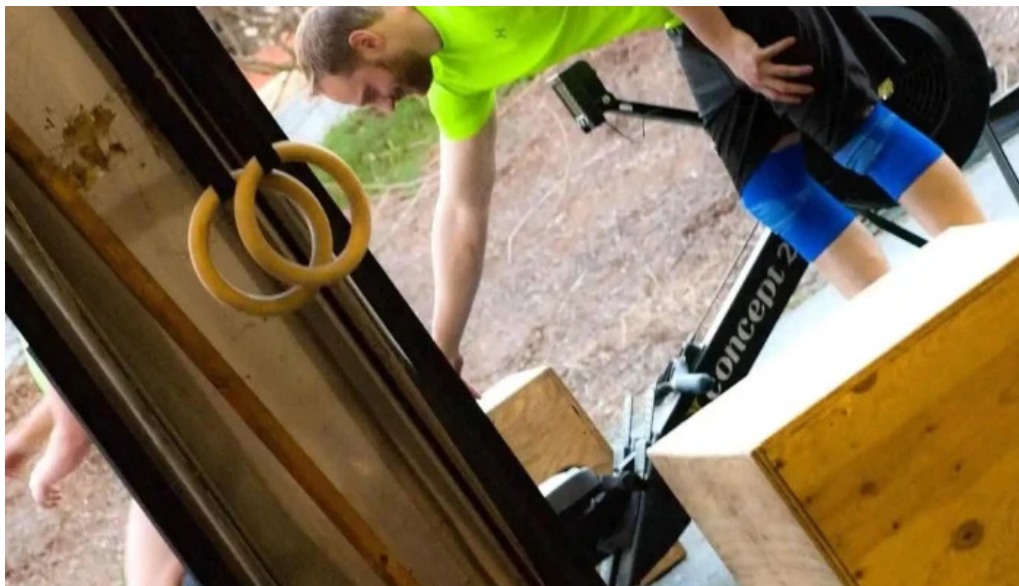
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Crossfit lifestyle map



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Tags

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

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