

## Upper Cape CrossFit - Cataumet

cataumet

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### *Upper Cape CrossFit - Cataumet*

#### **Discover Upper Cape CrossFit: A Community-Driven Gym in Cataumet, Massachusetts**

If you're looking for a gym that combines an exceptional environment with a welcoming community, look no further than **Upper Cape CrossFit** located in Cataumet, Massachusetts. This gym is more than just a fitness center; it's a place where members feel like family.

#### **Planning Your Visit**

Upper Cape CrossFit offers a comprehensive approach to fitness planning.

Whether you are a local or just visiting, the gym is conveniently located and features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it accessible to everyone.

### **Accessibility and On-site Services**

One of the standout features of Upper Cape CrossFit is its commitment to **accessibility**. The facility is designed to cater to individuals of all fitness levels. Reviews highlight how the knowledgeable coaches go above and beyond to modify workouts, ensuring that each member can participate according to their abilities. You can expect top-notch **on-site services** and a supportive atmosphere that encourages personal growth.

### **Membership Requirements and Online Classes**

To enjoy everything Upper Cape CrossFit has to offer, a **membership** is required. However, this membership grants you access to a wide range of classes, including **online classes** for those who may prefer to work out from home. The flexibility in options allows everyone to find a routine that fits their lifestyle.

### **What Members Are Saying**

Members consistently rave about their experiences at Upper Cape CrossFit. One review mentions the "fantastic location and well-outfitted" facilities, while another highlights the welcoming nature of the staff. Participants note the encouragement and support provided by coaches like Amy and Jillian, who meet members where they are in their fitness journey. The childcare program has also received high praise, with parents feeling reassured knowing their children are safe and happy while they focus on their fitness goals.

### **A Community Like No Other**

Upper Cape CrossFit is not just a gym; it's a community. The positive energy is palpable as members share their successes and motivate each other. Many reviews comment on the friendly and knowledgeable staff, stating that it truly feels like a community of athletes committed to improving together. Whether you're a seasoned athlete or new to CrossFit, Upper Cape CrossFit invites you to join this thriving community. Take the leap if you're on the fence about joining—you won't regret it!

### **We are based in**

*10 Millennium Dr, 02534 Cataumet, Massachusetts - United States (US)*

The phone number of said **Gym** is +1508-296-8223

And if you want to send a WhatsApp, you can do so at +1508-296-8223

## Our public attention hours are:

Day Hours

Monday  
5:30?AM–7?PM

Tuesday

7?AM–12:30?PM

Wednesday

Closed

Thursday

5:30?AM–7?PM

Friday

5:30?AM–7?PM

Saturday

5:30?AM–7?PM

Sunday

5:30?AM–7?PM

The website is [Upper Cape CrossFit](#)

In case you want to alter any detail that you consider is incorrect related to this web, please send a message so that we will handle it quickly. With anticipation we appreciate it.

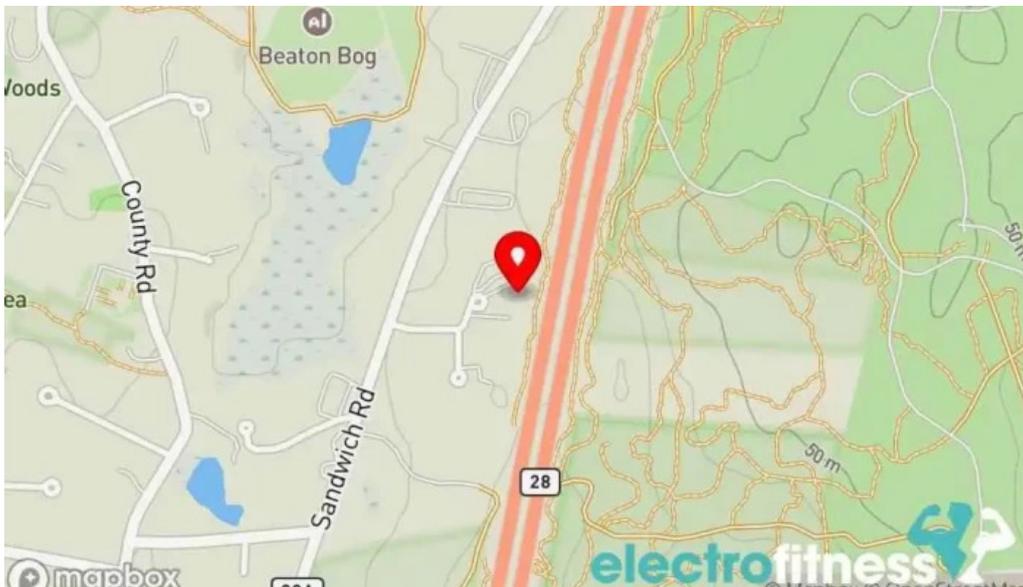
## Images



*Upper cape crossfit videos*



*Upper cape crossfit street view 360deg*



*Upper cape crossfit map*



*Upper cape crossfit gym*



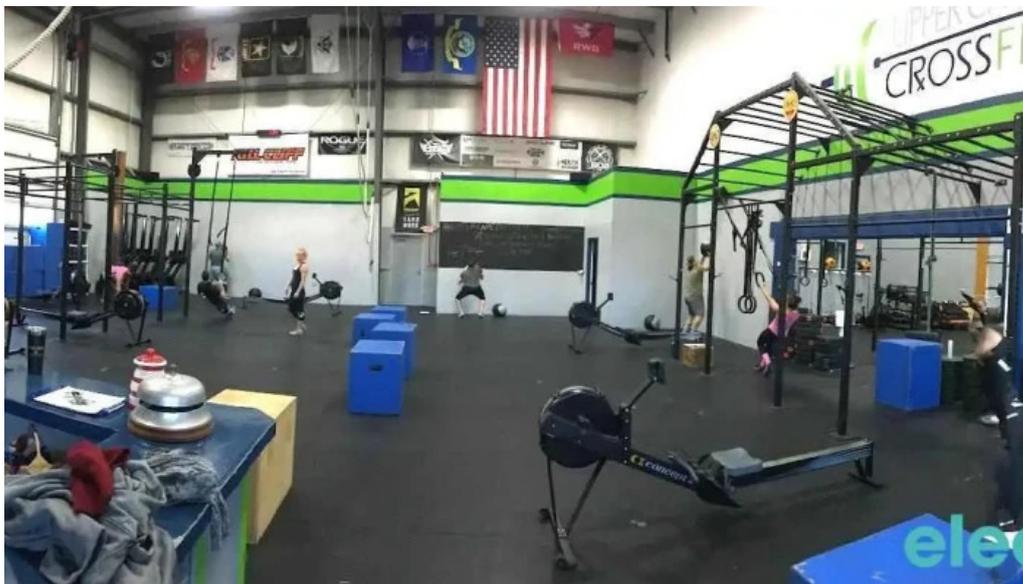
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## Tags

*Online classes, Service options, On-site services, Accessibility, Planning, Wheelchair-accessible entrance, Membership required, Wheelchair-accessible car park*

## Related content

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4.8 *	<i>Ole Glory CrossFit - Youngsville</i>
5.0 *	<i>CrossFit St. Landry - Sunset</i>
5.0 *	<i>CrossFit Eunice - Eunice</i>
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5.0 *	<i>CrossFit Abingdon - Abingdon</i>
5.0 *	<i>CrossFit EndZone - Concord</i>
5.0 *	<i>CrossFit Whiteboard - Broussard</i>
4.9 *	<i>CrossFit Acadiana - Lafayette</i>

## Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center

golf club
golf course
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa

spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
youth organization