

## CrossFit St. Landry - Sunset

sunset

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*sunset*

## CrossFit St. Landry - Sunset

### Welcome to CrossFit St. Landry in Sunset, Louisiana

If you're looking for a transformative fitness experience, **CrossFit St. Landry** is the ideal place for you. This fantastic gym has gained a reputation for its exceptional on-site services and supportive community, making it a top choice for fitness enthusiasts of all levels.

### Accessibility and Convenience

CrossFit St. Landry offers a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate in workouts regardless of mobility challenges. The gym prioritizes accessibility, allowing all members to train in a comfortable environment.

## **Diverse Training Options**

The gym provides a variety of **service options** to cater to different needs. From in-person classes to **online classes**, CrossFit St. Landry ensures you have options that fit your lifestyle. Whether you prefer working out at home or in the gym, you can find a program that suits your preferences.

## **Community and Support**

One of the standout features of CrossFit St. Landry is its welcoming atmosphere. Members describe it as a family, where everyone motivates each other to achieve their fitness goals. As one member stated, "They treat you like family. Great coaches, amazing group of people to workout with." This inclusiveness makes it a perfect environment for newcomers, especially those who might feel intimidated by traditional gyms.

## **Expert Coaching and Instruction**

The dedicated coaches at CrossFit St. Landry are known for their knowledge and encouraging nature. They take time to ensure that every participant is performing exercises safely and effectively. Many members have noted that the coaches teach the right form for each movement, helping individuals improve their health while learning functional movements.

## **Real Results for All Fitness Levels**

CrossFit St. Landry offers workouts that can be adapted to every fitness level, making it accessible for everyone from younger athletes to those in their 50s and 60s. As one satisfied member shared, "The wonderful thing about CrossFit is it can be adapted to every fitness level." Many have expressed that they have seen real improvements in their overall health since joining, further emphasizing the gym's effectiveness.

## **An Inviting First Experience**

New members often report feeling welcomed and cared for from their first visit. As one person noted after attending their first **bring a friend day**, "Everyone was so friendly and really made me feel at home." This welcoming approach helps new members ease into the CrossFit community with confidence.

## Join the CrossFit St. Landry Family

If you're searching for a gym that offers not just workouts but a supportive and motivating community, look no further than CrossFit St. Landry. With outstanding coaching, flexible options, and an inclusive atmosphere, this gym could be the key to unlocking your fitness potential. **Come check it out for yourself!**

### Our address is

*2579 Interstate 49 South Service Rd, 70584 Sunset, Louisiana - United States (US)*

The phone of said **Gym** is +1337-277-6319

And if you want to send a WhatsApp, you can do so at +1337-277-6319

### We are available at these times:

Day Hours

Monday

*Closed*

Tuesday

*5-7?AM 4-6:35?PM*

Wednesday

*5-7?AM 4-6:30?PM*

Thursday

*5-7?AM 4-6:30?PM*

Friday

*5-7?AM 4-6:30?PM*

Saturday

*5-7?AM 4-6:30?PM*

Sunday

*8-10?AM*

The website is [CrossFit St. Landry](#)

If you wish to update any element that you believe is not accurate concerning this portal, please send a message so that we will correct it promptly. Thank you in advance thank you very much.

## Images



*Crossfit st landry videos*



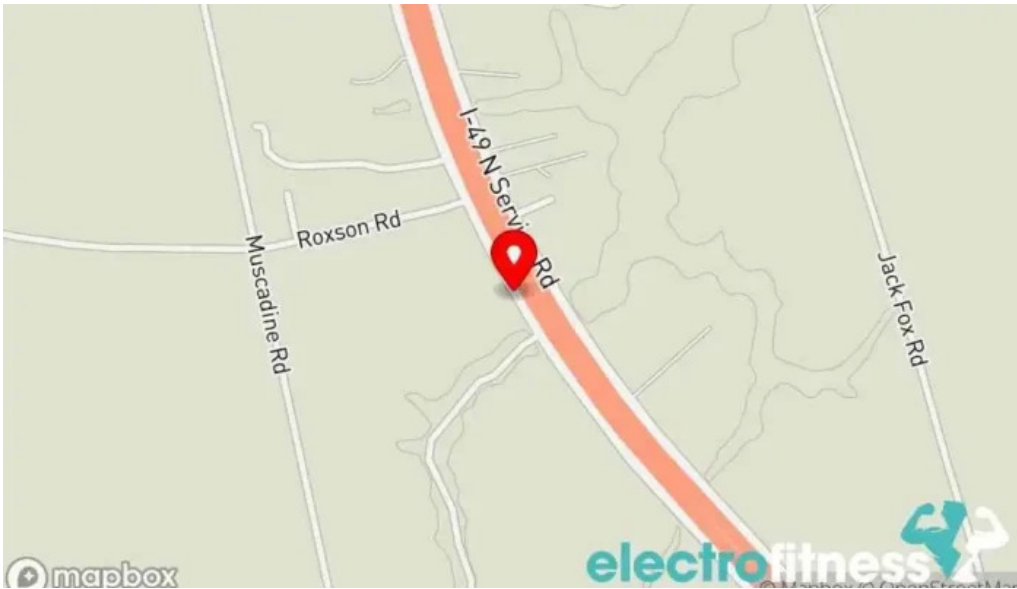
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*Crossfit st landry promotion*



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*Crossfit st laundry gym*



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## Tags

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

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4.9 \* *CrossFit Abilene - Abilene*

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4.9 \* *Top Fuel CrossFit - Valparaiso*

4.7 *	<i>CrossFit Grays Harbor - Aberdeen</i>
4.9 *	<i>Verse CrossFit - Abbeville</i>
4.6 *	<i>Crossfit Rails - Aberdeen</i>
4.8 *	<i>Crossfit 325 - Abilene</i>
5.0 *	<i>WiscoFit - Home of CrossFit Muskego - New Berlin</i>
5.0 *	<i>Crossfit 611 - Southern Pines</i>

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boxing ring
church
coffee shop
community center
convenience store
country club
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
health consultant
hospital
hotel
indoor cycling
jujitsu school
karate 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
sports school
tennis club
thrift store
vitamin & supplements store
wellness center
yoga studio