


CrossFit Thousand Oaks - Thousand Oaks

thousand oaks

☐ I'm not a robot
 

Published on: 26/04/25	Hits: 320
Comments: 0	See comments
Votes: 32	Score: 5

[https://www.electrofitness.com/gym/thousand-oaks/crossfit-thousand-oaks-thousand-oaks_234362.ph](https://www.electrofitness.com/gym/thousand-oaks/crossfit-thousand-oaks-thousand-oaks_234362.php)

p



thousand oaks

CrossFit Thousand Oaks - Thousand Oaks

Welcome to CrossFit Thousand Oaks: Your Fitness Journey Awaits

Located in the heart of Thousand Oaks, California, **CrossFit Thousand Oaks (CFTO)** offers a transformative fitness experience for individuals of all backgrounds and fitness levels. Whether you are a seasoned athlete or a complete beginner, CFTO is dedicated to helping you achieve your goals in a supportive and welcoming environment.

Accessibility Features at CFTO

At CFTO, everyone is welcome. The gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that individuals with disabilities can enjoy the benefits of CrossFit without barriers. This commitment to **accessibility** reflects our belief that fitness should be inclusive for all.

Planning Your Fitness Journey

When joining CFTO, **membership is required**. However, this investment opens the door to an extraordinary fitness community and expert coaching that will guide you through every step of your transformation. Many members, like one who joined at 42 years old having no prior experience, have found CFTO to be life-changing, reporting significant health improvements and personal growth.

The Community Experience

One of the standout features of CFTO is the incredible community atmosphere. Members frequently praise the camaraderie and support that exists among fellow athletes. From cheering each other on during workouts to forging lasting friendships, the positive environment motivates members to return time and time again, even after challenging sessions.

Expert Coaching and Personalized Training

The coaching staff at CFTO consists of highly knowledgeable and passionate trainers who prioritize proper technique and scalability. This means that workouts are designed to challenge you without pushing you beyond your limits. New members often find themselves amazed at their progress, whether it's lifting weights they once thought impossible or hitting personal records.

Variety and Fun in Workouts

The workouts at CFTO are known for their variety, keeping fitness fun and engaging. Many members note that the constantly changing workout routines make it easy to stay motivated and avoid burnout. With options for every fitness level, the gym also provides personal training sessions and additional resources like massage therapy and healthy supplements.

A Lasting Impact on Health and Wellness

The testimonials shared by members highlight the profound impact CFTO has had on their lives. Many report not only physical transformations—like weight loss and increased strength—but also improved mental health and overall

well-being. One member emphasized how the supportive coaches and community helped them regain confidence and joy in movement.

Join Us at CrossFit Thousand Oaks

If you're ready to embark on your fitness journey or take your training to the next level, consider joining the amazing community at CrossFit Thousand Oaks. With accessible facilities, exceptional coaching, and a welcoming atmosphere, CFTO is more than just a gym; it's a place where you can thrive physically and socially. Come and experience the difference!

The location of our premises is

3155 Willow Ln, 91361 Thousand Oaks, California - United States (US)

The contact line of said **Gym** is +1805-496-2077

And if you want to send a WhatsApp, you can do so at +1805-496-2077

We open at the following schedule:

Day	Hours
Monday	8:30?AM–12?PM
Tuesday	Closed
Wednesday	6?AM–7?PM
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

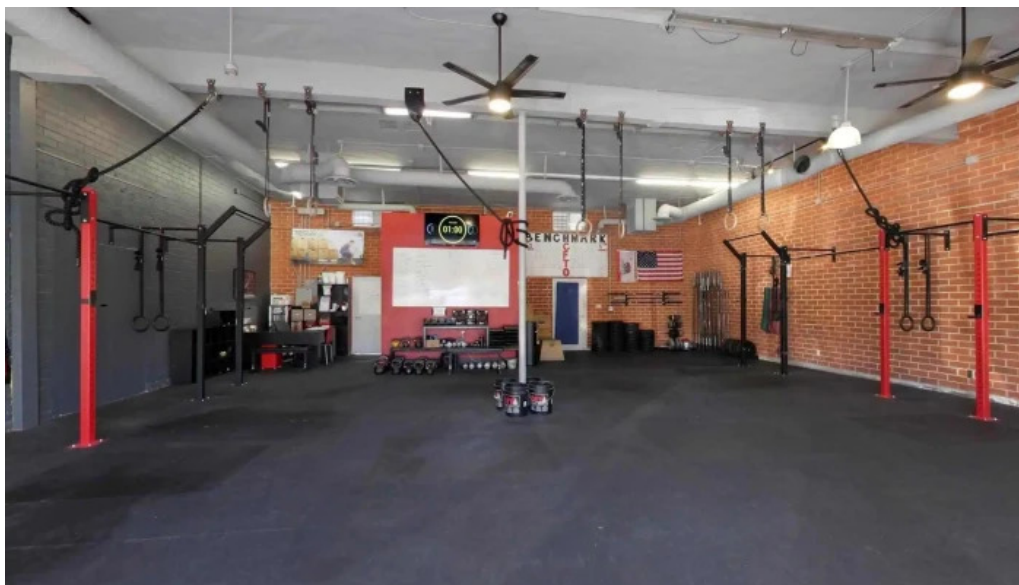
The website is CrossFit Thousand Oaks

If you require to change any information that you think is not accurate related to this web, we kindly request send a message and we will fix it as soon as possible. With anticipation thanks.

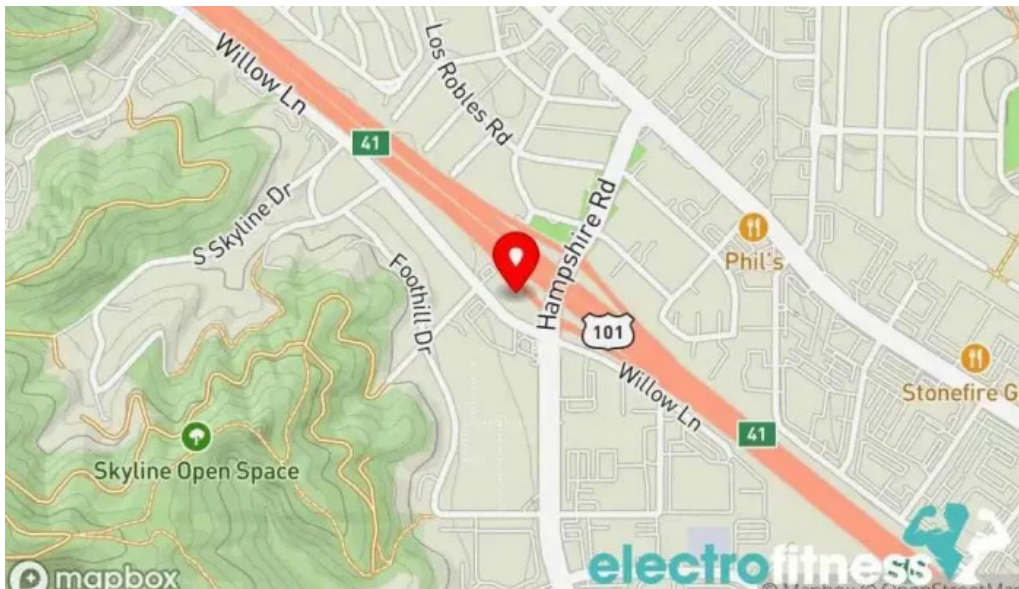
Images



Crossfit thousand oaks thousand oaks



Crossfit thousand oaks street view 360deg



Crossfit thousand oaks map



Crossfit thousand oaks gym



Crossfit thousand oaks exercise machine



Crossfit thousand oaks by owner



Crossfit thousand oaks all

Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Membership required, Planning, Accessibility

Related content

4.9 *	<i>CrossFit Ho'ola - Acworth</i>
4.9 *	<i>CrossFit E3 - Eagle</i>
4.9 *	<i>CrossFit LoDo - Denver</i>
5.0 *	<i>CrossFit Amis - Lafayette</i>
5.0 *	<i>Dtc CrossFit - Greenwood Village</i>
5.0 *	<i>CrossFit Eunice - Eunice</i>
5.0 *	<i>CrossFit St. Landry - Sunset</i>
5.0 *	<i>CrossFit Casual - Boise</i>
4.9 *	<i>Boise CrossFit - Boise</i>
4.8 *	<i>Ole Glory CrossFit - Youngsville</i>

Categories

academic department

acupuncture clinic
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
dollar store
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
food producer
golf club
golf course
golf instructor
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
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
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
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization