

Crossfit Undaunted - Augusta

augusta

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Published on: 30/05/25	Hits: 632
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Crossfit Undaunted - Augusta

Discover the CrossFit Undaunted Community in Augusta, Maine

Located in the heart of Augusta, CrossFit Undaunted stands out as a premier **physical fitness program** that has garnered a passionate community of fitness enthusiasts. This gym offers a unique blend of strength training, conditioning, and overall fitness improvement.

On-Site Services and Accessibility

CrossFit Undaunted ensures that all members can fully enjoy their **on-site services**. From the moment you enter, you'll find a **wheelchair-accessible entrance** and a convenient **wheelchair-accessible car park**. This commitment to **accessibility** ensures that everyone feels welcome, making it easier for individuals of all abilities to participate in the diverse range of workouts available.

Why Choose CrossFit Undaunted?

Many members describe CrossFit Undaunted as the best community they have ever been part of. With expert coaches that offer scalable workouts tailored to each individual's fitness level, members often express satisfaction in how they can progress at their own pace. One member shared, "The workouts can be scaled to match your level of intensity, and the more classes you go to, the more value you get out of your membership... it's a win-win." This flexibility allows newcomers and seasoned athletes alike to thrive in a supportive environment.

A Welcoming Environment

The welcoming atmosphere at CrossFit Undaunted is frequently highlighted by its members. Newcomers are greeted with open arms, creating an immediate sense of belonging. As one enthusiastic member noted, "I felt welcome the minute I walked in! It is a great environment with a great group of people to work out with." This camaraderie fosters friendships and connections that extend beyond the gym.

Online Classes: Training Anywhere

In addition to in-person training, CrossFit Undaunted offers **online classes** that allow members to stay engaged, regardless of their schedule or location. This flexibility enables participants to maintain their fitness goals and connect with the vibrant community from anywhere.

Challenging Workouts for All Levels

Members appreciate the variety and challenge presented in each workout. With five different time slots for classes during the week, finding a class that fits into a busy schedule is effortless. Coaches like Lyn and others are dedicated to providing modifications for every movement, ensuring safety and effectiveness while pushing members to achieve their personal best.

Your Fitness Journey Awaits

If you're searching for a place that feels like home while helping you achieve your fitness goals, look no further than CrossFit Undaunted. Whether you're a beginner looking to embark on your fitness journey or a seasoned athlete aiming for new heights, this gym is committed to supporting you every step of the way. Join the community that many have called their second home and experience the difference for yourself!

The address of our establishment is

79 Leighton Rd, 04330 Augusta, Maine - United States (US)

The phone of said **Physical fitness program** is +1207-213-4360
And if you want to send a WhatsApp, you can do so at +1207-213-4360

Visit us during the following hours:

Day Hours
Monday
5:15?AM–1?PM 4:15–6:30?PM
Tuesday
5:15?AM–1?PM 4:15–6:30?PM
Wednesday
7–9?AM
Thursday
Closed
Friday
5:15?AM–1?PM 4:15–6:30?PM
Saturday
5:15?AM–1?PM 4:15–6:30?PM
Sunday
5:15?AM–1?PM 4:15–6:30?PM

The website is Crossfit Undaunted

If you wish to update any element that you believe is incorrect about this site, we kindly request send a message and we will fix it promptly. Thanks beforehand thanks.

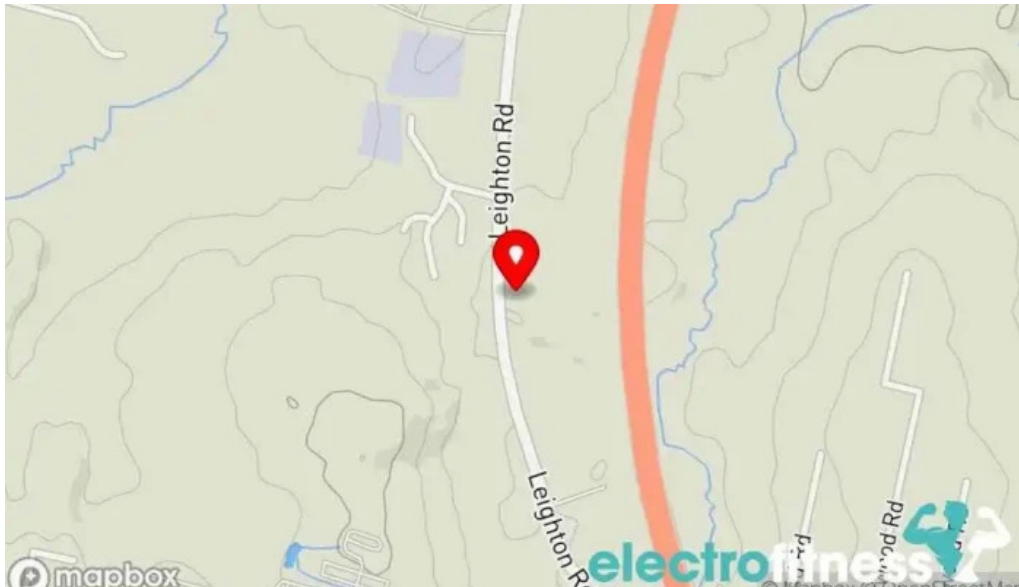
Images



Crossfit undaunted street view 360deg



Crossfit undaunted physical fitness program



Crossfit undaunted map



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Tags

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

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