

The Tribe | 3f CrossFit | San Antonio, Tx - San Antonio

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Discover The Tribe: A Physical Fitness Program at 3F CrossFit in San Antonio, TX

If you're looking for a welcoming and accommodating environment to enhance your fitness journey, **The Tribe** at 3F CrossFit in San Antonio, TX, is the place to be. This physical fitness program is designed for everyone, regardless of their experience level, making it a hub of inclusivity and support.

Accessibility: A Place for Everyone

The Tribe prides itself on being accessible to all members of the community. With a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, individuals with mobility challenges can easily access the gym facilities. This commitment to accessibility ensures that everyone can participate in their fitness journey without barriers.

Community and Support Like No Other

Joining The Tribe means becoming part of a family where members support each other in every workout. Many testimonials highlight how the coaches are patient, understanding, and genuinely care for each individual's progress. For instance, one member shared, "The Tribe is like a home away from home... Ed has been awesome about modifying the WOD to accommodate my abilities." This adaptability makes The Tribe unique, as workouts are tailored to meet varying needs while ensuring safety and effectiveness.

Expert Coaching and Tailored Workouts

The coaches at The Tribe are dedicated professionals who focus on proper techniques and safe execution of movements. One visitor emphasized that "the coaching was thorough and ongoing," reflecting the personalized attention every member receives. From modifications for beginners to advanced athletes pushing their limits, every class is designed with respect for individual capabilities, allowing everyone to grow at their own pace.

A Family-Oriented Environment

The Tribe's warm atmosphere is enhanced by its community involvement. Regular events, like hosting a WOD for David's Legacy Foundation, foster connections not only within the gym but also across the local community. Members often describe the environment as friendly and inviting, which encourages newcomers to feel at ease right from day one. A frequent visitor remarked, "I was made to feel right at home with excellent guidance from the trainers and support from fellow classmates."

Comprehensive Facilities for All Fitness Levels

The Tribe offers a vast array of equipment and class times to fit even the busiest schedules. With positive reviews praising "great programming" and constant adaptation of training techniques to prevent injuries, members can expect challenging workouts that keep them engaged and motivated. One member stated, "The programming allows you to choose what you want to work on

before WOD," emphasizing the flexibility provided.

Your Fitness Goals Await You at The Tribe

Whether you are just beginning your fitness journey or looking to compete, The Tribe welcomes you with open arms. The sense of camaraderie among members creates a strong motivating force that pushes everyone to achieve their goals together. As one satisfied member put it, "The hardest part is starting – c'mon and do some burpees, running, lifting, and double-unders with us." Experience the unique blend of rigorous workouts, expert coaching, and an unbeatable community spirit at The Tribe. Join today and discover why this is more than just a gym; it's a place where you truly belong.

The premises are located at

5005 McCullough Ave, 78212 San Antonio, Texas - United States (US)

The phone of said **Physical fitness program** is +1830-224-4250

And if you want to send a WhatsApp, you can do so at +1830-224-4250

We are open during the following hours:

Day Hours

Monday

5?AM–7?PM

Tuesday

5?AM–7?PM

Wednesday

5?AM–7?PM

Thursday

8–10?AM

Friday

Closed

Saturday

5?AM–7?PM

Sunday

5?AM–7?PM

The website is The Tribe | 3F CrossFit | San Antonio, TX

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Images



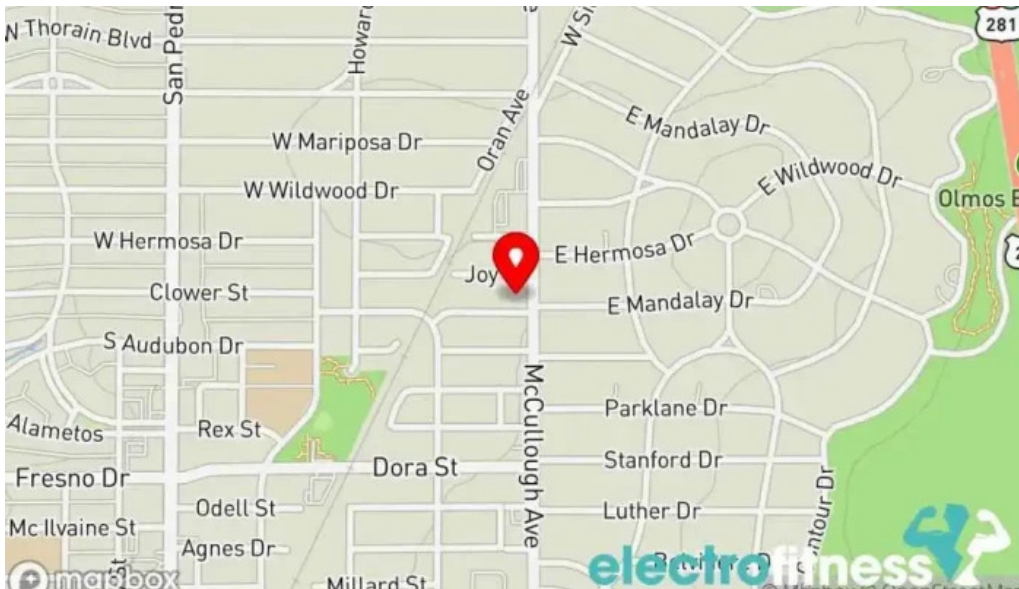
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Tags

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

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