

Verdant CrossFit East - Boise

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Verdant CrossFit East - Boise

Welcome to Gym Verdant CrossFit East in Boise, Idaho

If you're looking for an inclusive and supportive fitness community, **Gym Verdant CrossFit East** in Boise, Idaho, is the place for you. With a strong commitment to accessibility and personalized coaching, this gym welcomes individuals of all fitness levels.

Membership Required

At Gym Verdant CrossFit East, a **membership is required** to enjoy all the benefits that come with being part of this vibrant community. The membership provides access to high-quality training, tailored programming, and the camaraderie of fellow fitness enthusiasts.

Accessibility Features

Understanding the importance of inclusivity, the gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. This ensures that everyone can enjoy a workout without barriers, affirming the gym's commitment to accessibility.

Planning Your Fitness Journey

Whether you are a seasoned athlete or a complete beginner, planning is essential to achieving your fitness goals. Coaches at Gym Verdant CrossFit East are dedicated to creating customized workout plans that cater to individual needs. A member shared, "The coaches are very accommodating, and the sessions are 100% worth every penny." This level of personalized attention helps ensure success, regardless of your current fitness level.

The Community Experience

The community at Gym Verdant CrossFit East is what truly sets it apart. Members note that they feel welcomed and supported from the moment they step through the doors. "If you're looking for a great atmosphere and a good calorie burn," one visitor states, "we definitely recommend this place." This sense of belonging fosters not only friendships but also motivation during workouts.

Quality Coaching and Facilities

Gym Verdant CrossFit East prides itself on providing high-quality coaching and well-maintained facilities. Many members have noted how the environment is kept clean and organized, enhancing their overall workout experience. One enthusiastic member expressed that "the facility and equipment is always clean, organized, and well maintained." The commitment to cleanliness and quality equipment ensures safety and efficiency during workouts.

All Ages and Skill Levels Welcome

This gym is known for its welcoming nature, where individuals of all ages and fitness levels can thrive. "There's people of all ages and levels here so I don't feel out of place," remarked a member. This inclusive approach ensures that

everyone feels comfortable and motivated to push their limits.

Final Thoughts

In conclusion, if you’re seeking a gym that encourages personal growth, community support, and accessible fitness solutions, look no further than **Gym Verdant CrossFit East** in Boise, Idaho. With a dedicated team of coaches and a vibrant community, embarking on your fitness journey here will be both rewarding and empowering.

We are at

3243 S Federal Way b, 83705 Boise, Idaho - United States (US)

The contact line of the mentioned **Gym** is +1208-972-9272
And if you want to send a WhatsApp, you can do so at +1208-972-9272

Our public attention hours are:

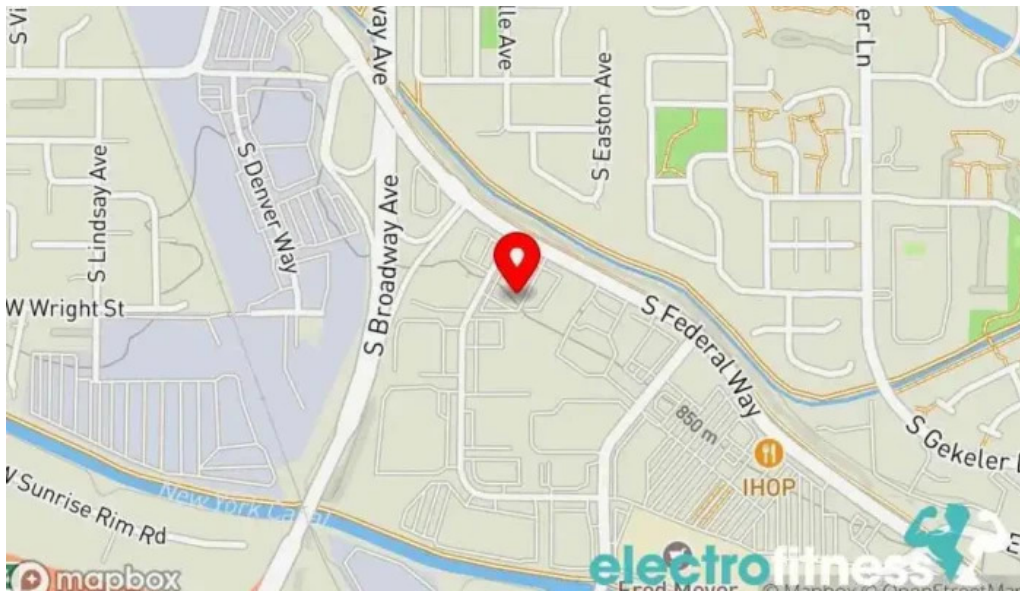
Day	Hours
Monday	5–7?AM 9:30–10:30?AM 12–1?PM 4:15–7:15?PM
Tuesday	5–7?AM 9:30–10:30?AM 12–1?PM 4:15–7:15?PM
Wednesday	5–7?AM 9:30–10:30?AM 12–1?PM 4:15–7:15?PM
Thursday	5–7?AM 9:30–10:30?AM 12–1?PM 4:15–7:15?PM
Friday	5–7?AM 9:30–10:30?AM 12–1?PM 4:15–7:15?PM
Saturday	8–10?AM
Sunday	Closed

The website is Verdant CrossFit East
If necessary to adjust any data that you consider is incorrect related to this site, we urge you to forward a message and we will fix it promptly. With anticipation we appreciate it.

Images



Verdant crossfit east street view 360deg



Verdant crossfit east map



Verdant crossfit east gym



Verdant crossfit east by owner



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Tags

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

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