

## CrossFit E3 - Eagle

eagle

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eagle

## CrossFit E3 - Eagle

### Welcome to CrossFit E3 in Eagle, Idaho

CrossFit E3 is not just a gym; it's a community where athletes of all levels come together to train, support one another, and achieve their fitness goals. Located in Eagle, Idaho, this gym has garnered a reputation for its welcoming atmosphere and exceptional coaching staff.

### Amenities and Accessibility

At CrossFit E3, **\*\*amenities\*\*** are designed to cater to everyone. The gym features a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car**

park\*\*, ensuring that individuals with disabilities can enjoy their workouts comfortably. Additionally, there is a \*\*free parking lot\*\* available, making it convenient for all members to access the facility without hassle.

## **Child Care Services**

One of the standout features of CrossFit E3 is its \*\*child care\*\* services. Available during certain classes, this amenity allows parents to focus on their workouts while knowing their children are safe and entertained. This commitment to \*\*accessibility\*\* ensures that busy parents can prioritize their fitness without compromising their family responsibilities.

## **A Community Like No Other**

The heart of CrossFit E3 lies in its community. Many members describe the gym as a "family," where everyone supports each other, regardless of fitness levels. Newcomers often express initial nerves about joining a CrossFit gym, but they quickly find that the encouraging atmosphere makes all the difference. Members appreciate how the coaches personalize workouts for various abilities, ensuring everyone feels included and challenged.

## **Expert Coaching**

The knowledgeable coaches at CrossFit E3 play a crucial role in creating a safe and effective training environment. They ensure that every member learns proper form and technique, significantly reducing the risk of injury. Coaches like Kristen, James, and Tiana are praised for their ability to motivate athletes while providing the personal attention needed to reach individual goals.

## **The Perfect Fit for All Athletes**

Whether you're a seasoned athlete or just beginning your fitness journey, CrossFit E3 offers modifications and scaling options tailored to you. Members have reported making significant improvements in their strength and fitness levels, thanks to the supportive environment and diverse programming that keeps workouts fresh and engaging.

## **Join the E3 Family Today!**

If you're looking for a place that values community, safety, and personal growth, CrossFit E3 is the perfect fit. With its outstanding amenities, including a \*\*free parking lot\*\*, \*\*wheelchair-accessible facilities\*\*, and \*\*child care\*\*, there's no better time to become part of this thriving gym. Don't hesitate—come experience the camaraderie and empowerment that CrossFit E3 has to offer!

## **Final Thoughts**

CrossFit E3 is more than just a gym; it's a transformative experience. With a strong community, expert coaching, and accessible amenities, you'll discover a supportive environment that encourages you to push your limits and achieve

your goals. If you haven't tried CrossFit E3 yet, now is the time to join this incredible family!

**Our establishment is located at**

324 W State St, 83616 Eagle, Idaho - United States (US)

The contact line of the respective **Gym** is +1208-863-6945

And if you want to send a WhatsApp, you can do so at +1208-863-6945

**Our service hours are:**

| Day       | Hours     |
|-----------|-----------|
| Monday    | 5?AM–6?PM |
| Tuesday   | 5?AM–6?PM |
| Wednesday | 5?AM–6?PM |
| Thursday  | 5?AM–6?PM |
| Friday    | 5?AM–6?PM |
| Saturday  | 8–11?AM   |
| Sunday    | 2–3:30?PM |

The website is CrossFit E3

If you need to alter any data that you feel is not correct about this site, we urge you to deliver a message so we can we will adjust it at the earliest convenience. With anticipation we appreciate it.

## Images



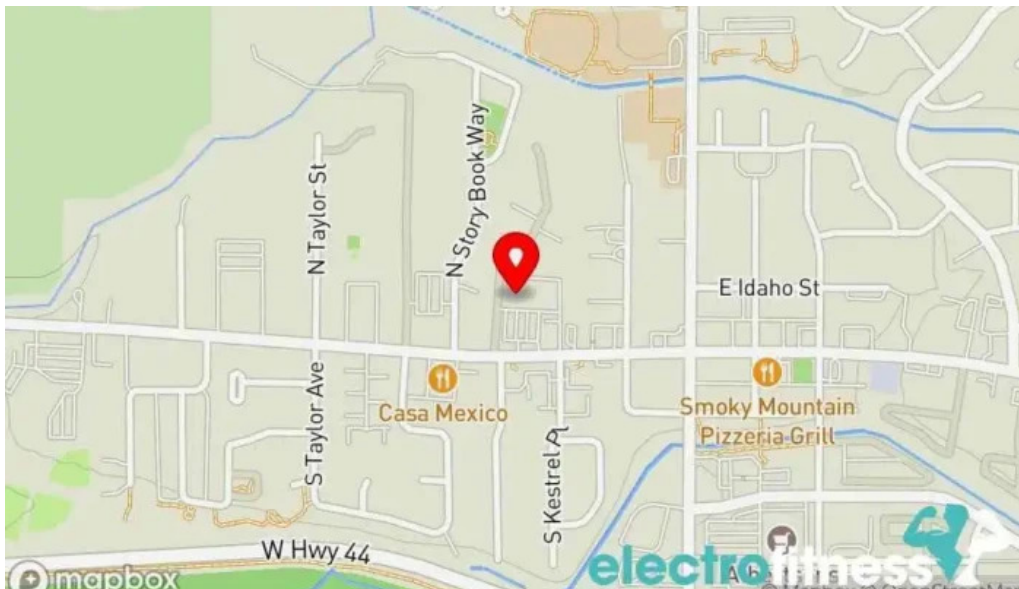
*Crossfit e3 where*



*Crossfit e3 street view 360deg*



*Crossfit e3 score*



*Crossfit e3 map*





*Crossfit e3 instagram*



*Crossfit e3 gym*



*Crossfit e3 eagle*



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Crossfit e3 all

## Tags

*Wheelchair-accessible car park, Free parking lot, Wheelchair-accessible entrance, Child care, Amenities, Parking, Accessibility*

## Related content

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## Categories

|                     |
|---------------------|
| amusement park ride |
|---------------------|



|                            |
|----------------------------|
| arena                      |
| association / organization |
| athletic club              |
| bar                        |
| body shaping class         |
| boot camp                  |
| boxing gym                 |
| boxing ring                |
| children's party service   |
| chiropractor               |
| church                     |
| coffee shop                |
| community center           |
| convenience store          |
| country club               |
| coworking space            |
| dance school               |
| dollar store               |
| elementary school          |
| exercise equipment store   |
| firearms academy           |
| fitness                    |
| fitness center             |
| 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              |
| meditation center              |
| non-profit organization        |
| nutritionist                   |
| park                           |
| personal trainer               |
| pharmacy                       |
| physical fitness program       |
| 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                  |
| supermarket                    |
| swimming instructor            |
| swimming school                |
| tennis club                    |
| thrift store                   |
| vitamin & supplements store    |
| weightlifting area             |
| wellness center                |
| wellness program               |
| yoga instructor                |
| yoga studio                    |

youth organization