

## CrossFit Ground Up - Hastings

hastings

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## CrossFit Ground Up - Hastings

### CrossFit Ground Up: A Fitness Program for Everyone in Hastings, Nebraska

CrossFit Ground Up stands out as a premier **physical fitness program** in Hastings, Nebraska, where accessibility and community spirit thrive. Whether you are new to fitness or a seasoned athlete, the gym provides an inclusive environment that caters to all fitness levels.

#### Accessibility for All Members

One of the key features of CrossFit Ground Up is its commitment to accessibility. The facility boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate in their physical fitness journey without barriers. This consideration makes it an excellent choice for individuals who may need additional support in their fitness programs.

### **A Community Like No Other**

Members rave about the amazing community at CrossFit Ground Up. Many have expressed how welcoming and friendly the atmosphere is, making it easy for newcomers to feel at home. As one member noted, “The community keeps me coming back!” This sentiment is echoed by others who appreciate the diverse mix of people from all walks of life coming together to support each other in their fitness goals.

### **Expert Coaching Tailored to Your Needs**

The coaching staff at CrossFit Ground Up is a significant draw for members. With experienced coaches who break down movements and provide personalized instruction, participants can feel confident mastering their workouts. Coaches are known for scaling exercises to meet individual needs, making it suitable for everyone—whether you are in your 50s, 60s, or younger. As a long-term member shared, “CrossFit is for everyone at all levels. Try it out; you will feel welcome.”

### **State-of-the-Art Equipment**

CrossFit Ground Up is equipped with versatile and up-to-date equipment, ensuring that every workout is effective and enjoyable. Members often comment on the quality of the facility, with one noting, “Very clean and organized—great atmosphere.” This dedication to maintaining a top-notch gym enhances the overall experience for all participants.

### **Join the Movement**

If you are considering joining a gym, CrossFit Ground Up should be at the top of your list. With a reputation for being intimidating, many find that once they step through the doors, they discover a supportive environment unlike any other. As one member put it, “I never feel like I don’t want to go to class. This place changed my life.” In conclusion, CrossFit Ground Up in Hastings, Nebraska, offers a unique blend of accessibility, expert coaching, and a vibrant community. Whether you’re just starting or looking to continue your fitness journey, this gym welcomes you with open arms. Come try a class and experience the transformative power of this remarkable fitness program!

**The premises are located at**

701 E 39th St, 68901 Hastings, Nebraska - United States (US)

The contact phone of the respective **Physical fitness program** is +1402-834-0440  
And if you want to send a WhatsApp, you can do so at +1402-834-0440

**We look forward to seeing you at:**

Day Hours  
Monday

5:30–6:30?AM 12–1?PM 4–6:30?PM

Tuesday

8–9?AM

Wednesday

1–2?PM

Thursday

5:30–6:30?AM 12–1?PM 4–7:30?PM

Friday

5:30–6:30?AM 12–1?PM 4–7:30?PM

Saturday

5:30–6:30?AM 8:30–9:30?AM 12–1?PM 4–7:30?PM

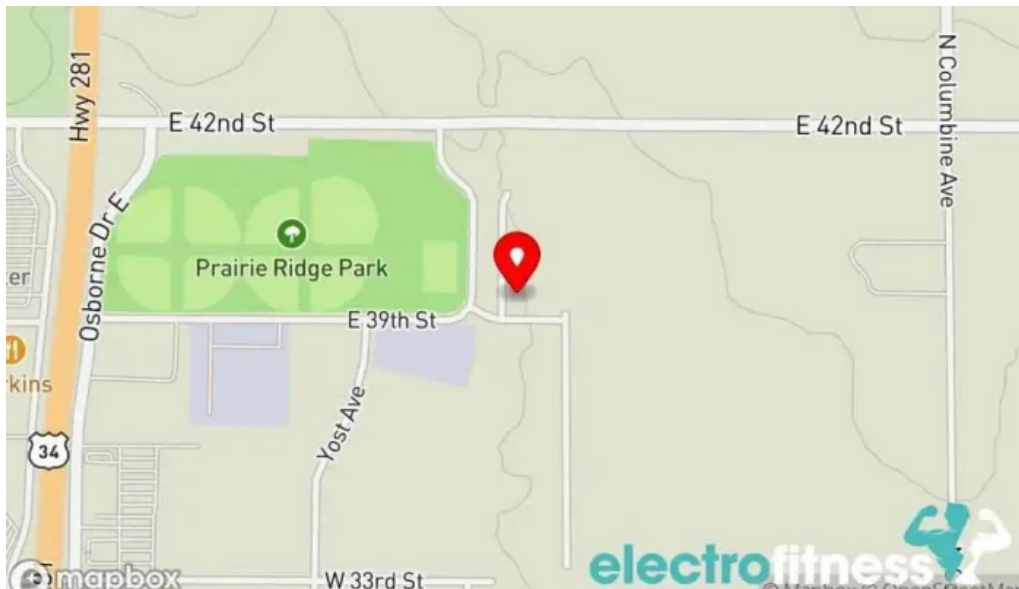
Sunday

5:30–6:30?AM 12–1?PM 4–7:30?PM

The website is CrossFit Ground Up

If you need to modify any detail that you consider is incorrect regarding this site, we urge you to deliver a message and we will fix it as soon as possible.  
Thank you in advance we appreciate it.

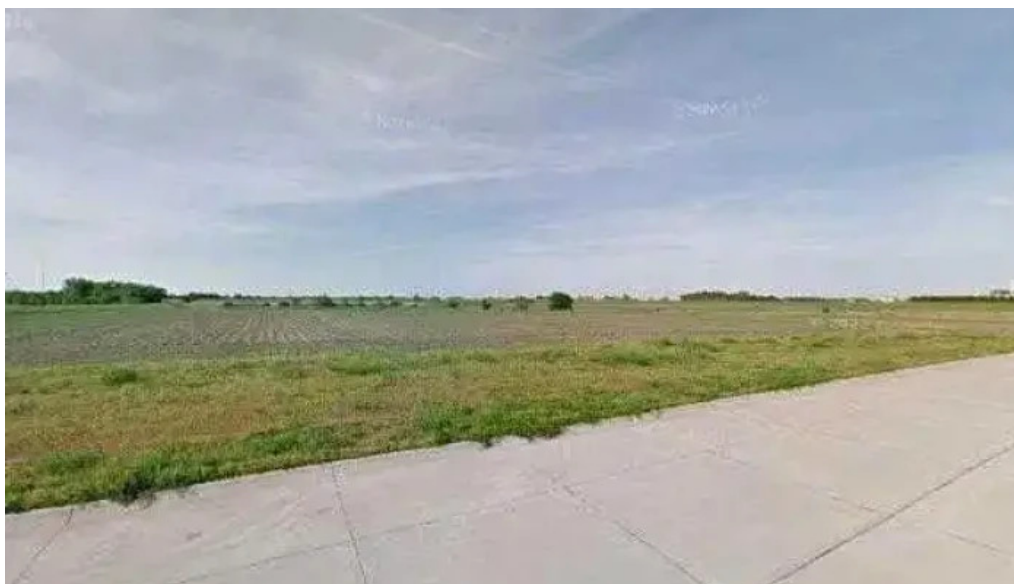
**Images**



*Crossfit ground up map*



*Crossfit ground up hastings*



*Crossfit ground up all*

## Tags

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

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dance school
dollar store
elementary school
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fitness
fitness center
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golf course
golf instructor
grocery store
gym
gymnastics center
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health spa
hiking area
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physical fitness program
physical therapist
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pilates studio
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public educational institution
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rehabilitation center
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school district office
self defense school
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shopping mall
spa
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sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
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vitamin & supplements store
weightlifting area
wellness center
wellness program

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