

## CrossFit Lufkin - Lufkin

lufkin

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## CrossFit Lufkin - Lufkin

### Discover the Benefits of CrossFit Lufkin

If you're searching for a top-notch physical fitness program in Lufkin, Texas, look no further than **\*\*CrossFit Lufkin\*\***. This gym stands out not just for its effective workouts but also for its welcoming atmosphere and commitment to member improvement.

### Why Choose CrossFit Lufkin?

Many members describe it as the “best gym in Lufkin,” citing their personal growth as a testament to the gym's effectiveness. One satisfied member

shared, “I’ve progressed more in six months at CFL than I did in two years!” This highlights how CrossFit Lufkin can help you break through barriers and achieve your fitness goals.

## **Quality Coaching and Community**

At CrossFit Lufkin, you are not just another member; you are part of a community that fosters support and encouragement. The knowledgeable coaches play a critical role in this environment, helping individuals improve their weaknesses while also enhancing their strengths. One enthusiastic member noted, “The coaches have pushed me to do things I never thought I would be capable of.” This community spirit helps motivate everyone, regardless of their fitness level. Whether you’re a beginner or looking to enhance your athletic abilities, CrossFit Lufkin has tailored programs to meet your unique needs.

## **Accessibility Matters**

One of the standout features of CrossFit Lufkin is its commitment to inclusivity. The facility boasts a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can participate in the fitness programs offered. This dedication to accessibility allows all members of the community to experience the benefits of functional fitness.

## **A Clean and Inviting Environment**

Cleanliness and hygiene are crucial in a gym setting, and members praise CrossFit Lufkin for maintaining a clean facility. As one member noted, “This gym is much cleaner with much higher intensity.” Such an environment not only encourages hard work but also makes you feel safe and comfortable during your workouts.

## **Join the Family at CrossFit Lufkin**

The culture of CrossFit Lufkin is centered around fun, fitness, and community. With programming designed for all ages and fitness backgrounds, there is truly something for everyone. If you’re looking for a place that embodies the core values of CrossFit—functional fitness, community, competition, and nutrition—then CrossFit Lufkin is the right fit for you. Don’t miss the opportunity to be part of this welcoming family. Stop by and check them out today! Whether you're a seasoned athlete or just starting on your fitness journey, CrossFit Lufkin is eager to support you every step of the way.

## **You can come to our business at**

1606 N John Redditt Dr, 75901 Lufkin, Texas - United States (US)

The phone of said **Physical fitness program** is +1936-671-0336  
And if you want to send a WhatsApp, you can do so at +1936-671-0336

## Our opening hours are:

### Day Hours

#### Monday

5:30–6:30?AM 12–2?PM 4:15–7:45?PM

#### Tuesday

5:30–6:30?AM 12–2?PM 4:15–7:45?PM

#### Wednesday

11?AM–12?PM

#### Thursday

Closed

#### Friday

5:30–6:30?AM 12–2?PM 4:15–7:45?PM

#### Saturday

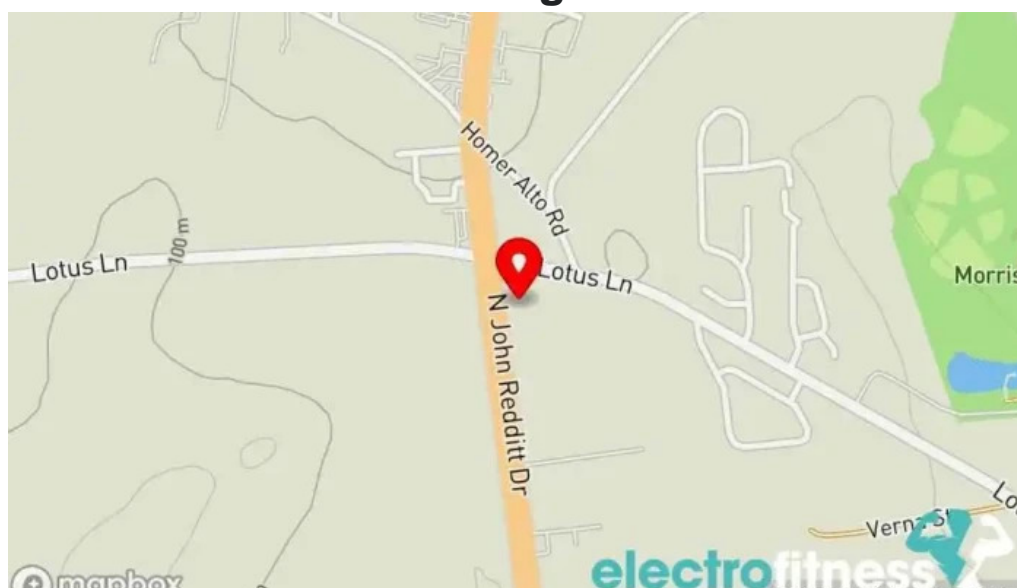
5:30–6:30?AM 12–2?PM 4:15–7:45?PM

#### Sunday

5:30–6:30?AM 12–2?PM 4:15–7:45?PM

If you need to update any data that you think is incorrect about this site, we urge you to send us a message and we will fix it promptly. In advance we appreciate it.

## Images



Crossfit lufkin map



*Crossfit lufkin lufkin*



*Crossfit lufkin all*

## Tags

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

## Related content

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**5.0 \*** *CrossFit North Fulton - Roswell*

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**5.0 \*** *Aliso CrossFit - Aliso Viejo*

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<b>4.9 *</b>	<i>CrossFit E3 - Eagle</i>
<b>4.9 *</b>	<i>CrossFit LoDo - Denver</i>
<b>5.0 *</b>	<i>Dtc CrossFit - Greenwood Village</i>
<b>4.9 *</b>	<i>CrossFit Lifestyle - Burlington</i>
<b>5.0 *</b>	<i>CrossFit Amis - Lafayette</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring

buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital

golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop

outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
specialized clinic
sporting goods store
sports club



sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization