CrossFit

- Certified trainers
- Exciting and encouraging group setting
- Combination of strength and high intensity interval training

Weightlifting

- Increase Strength
- Develop Speed
- Improve Power

Coach Devin:
- Director and Head Coach of XM Weightlifting
- Head Coach of Lindenwood Weightlifting
- 4x University National Team Champion
- B.S. Exercise Science
- USAW Weightlifting Certified Coach

A new challenge everyday!

Washington University Employees get 10% off!