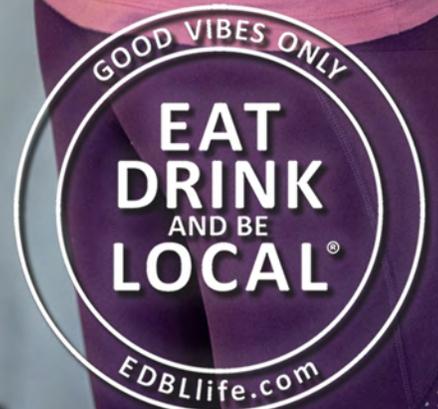


CrossFit OUT OF
THE BOX
EST. 2015

BE YOUR BEST!
FEEL YOUR BEST! NO LIMITS!



THE OOTB EDITION



FIND WHAT MOTIVATES YOU



PERSONAL TRAINING

Personal Training is an amazing way to achieve your individual goals and maximize your personal abilities. When you enroll with a Certified Personal Trainer, you commit to a workout program that we hold you accountable to. Individual sessions will be planned each month to fit into your personal schedule.



**ALL FITNESS LEVELS WELCOME
WITH SMALLER CLASS SIZES**





CROSSFIT

CrossFit is an exercise training program for people of any age or fitness level. CrossFit workouts are constantly varied, meaning there will be a new and exciting challenge each day since the workouts constantly change. The combination of cardiovascular exercises, weightlifting, and gymnastic movements will get you into the best shape of your life.



CROSSFIT KIDS

CrossFit Kids program is a great way to teach children excellent body mechanics through supervised exercises. This will help your child stay healthy, enhance sports performance, and avoid injuries. CrossFit Kids is a ton of fun. We even incorporate fitness games into their routine each day!



**SHOW YOUR SUPPORT
REP YOUR LOCAL GYM**



ABOUT OOTB

CrossFit Out of the Box opened its doors in 2015 in Pompano Beach, Florida by Leigh Anne Lopez. Originally located near the intracoastal on East Atlantic Boulevard, Leigh was determined to create a safe place where she and her team could provide fitness for everyone!

Shortly after graduating college with a degree in Psychology, Leigh had established herself as a women-only personal trainer and fitness instructor, always striving for betterment of health and self-empowerment of her clients. This became the gateway to her passion for helping others and encouraging them to lead a healthier and well-rounded lifestyle. Hungry to discover additional ways to help more people and grow as a fitness and health professional, Leigh journeyed into the world of CrossFit which opened her eyes to the benefits and structure of group classes. With a new vision in mind, she hit the ground running, got her Level 1 Certification, found a small space, and opened up a CrossFit gym of her own. Thus being able to offer the individual attention she's always strived to provide through small group classes and personal training.

"I love helping people realize what they are capable of. They are always so much stronger, from the inside out, than they think they are." — Coach Leigh

The trainers at CrossFit Out of the Box always push people to achieve goals they believe can be accomplished. They challenge and elevate fitness boundaries. Additionally, they encourage athletes to get "Out of the Box" for various workouts, events, and fundraisers to take advantage of our beautiful surroundings in Florida.

Every CrossFit gym is different and caters to the message the owner wants to get across to the community. After visiting many CrossFit gyms throughout the state, Leigh was determined to have a clean, air-conditioned space not only to combat those hot Florida summers, but also to create an atmosphere that would promote a fun and healthy place to workout in. "Out of the Box" can hold many meanings, but to us, it resonates a sense of activeness, to stray from our comfort zone, and venture beyond what we expect from ourselves with no limits. Since its inception, the Out of the Box fitness family has grown in both athletes and staff. In 2017, our team migrated to its current location on N Federal Highway which provides more space and room to grow. We currently offer a variety of CrossFit and CF Lite classes, open gym sessions throughout the day, Virtual Yoga (live yoga coming back soon), CrossFit Kids classes (resuming in January 2021), Virtual CrossFit/Personal Training to those that would prefer to workout from the comfort of their own home, and one on one Personal Training Sessions (in-house).

Athletes of ALL fitness levels, ages, and physical abilities have been able to join the Out of the Box family and partake in the amazing workouts, fundraisers, and variety of classes offered daily, and other health resources. Our story may have started with Leigh's dream of helping others live a healthier lifestyle, but our continuous chapters were all made possible because of our incredible athletes. As we grow stronger individually, we aspire to grow our CrossFit family as well!

