

Welcome to CrossFit Jackson!

Our goal is to provide you with the best possible CrossFit training. To that end, there are a couple of things that you need to know and a few things you can expect of us.

You're welcome to park anywhere in the lot, but preferably along the edge of or close to the fence if possible so that runners can get through the parking lot and back to the building. **Please be cautious entering the road and parking lot as we have runners and little kids in the area.**

Please come in the front door and **sign in!** I know how tempting it is to come in the dock door, but it helps out a lot when you sign in. Do it first. Also, if there is a class still going on when you arrive, please hang out in the lobby area until your trainer is ready for you. Similarly, after your class, if it's time for another class, move to the lobby to stretch/talk/hangout. We highly encourage the stretch/hangout time, just not if it's in the way of another class!

There are 2 restrooms. The one in the front office is for women and the one on the gym side is for men. There is also a water fountain near the men's restroom with cups close by. You're welcome to refill your water bottles or get a cup for water from the fountain. There are lockers available in the lobby. Find one that does not have a name on it and claim it. If they're all spoken for, we will find someone for you to share with. PLEASE do not bring a bunch of clothes/junk in the gym and leave it! Leave it in a locker if you do not need it for the workout.

We love having guests, but our current clients (that's you) are our primary focus. Before you bring a guest, YOU MUST LET US KNOW FIRST. During busy classes with only one trainer, we can no longer take training time away from 10 existing clients to talk to one visitor. If you bring someone we'll be happy to give them a tour and answer all of their questions after the workout. Guests are always welcome to try CrossFit in a free, introductory workout in our Saturday class. **If you have a special request for a guest workout during some other time, it must be approved first. Please do not show up with visitors during the week without having approved it with your trainer first.**

In all things, remember safety first. This includes, but is not limited to:

Watch where you're going...there are ropes, barbells, rings, people, etc. all over the gym. Put *unused* equipment back where it belongs, even if you didn't put it there. Control your bar and equipment at all times. Bail if you need to, but don't throw stuff. Learn how to bail in a lift...it is a beautiful thing. Ask if you have a question. **Tidy up after yourself. Chalk, sweat, tears and unused tape need to be cleaned up. EVERYDAY.**

It's important to note that this program is measurably more effective with proper nutritional intake. Ask if you have questions. We'll be happy to help guide you to making better decisions about your nutrition and fueling your performance.

As trainers, we promise: to be on time, scale appropriately, encourage, answer all questions, be patient, pay attention, keep you safe, and listen. We'll tell you when you've done well and what you need to improve on and make sure you get as much from your workout as you want to. This is a lifelong journey toward being the best, most healthy *you* that you can be...there's no end, but a constant journey, a lifestyle...and we look forward to being part of your journey.

Now, let's get busy...we've got fun to do!