



WHO WE ARE

We are a Health & Wellness business serving Downtown Phoenix residents for over 11 years. We originally opened as CoreCrossFit at 7th Street & Garfield in 2009, but quickly grew to offer nutrition and fitness programs for kids, the chronically ill, the over-40 population, workers comp programs for Downtown Phoenix businesses, and now online fitness & nutrition solutions.

Our brick and mortar location is 902 E. McKinley Street in Phoenix. We worked closely with the City of Phoenix to repurpose the First Missionary Church Building. Over the years we have built a strong brand and excellent reputation with Phoenix residents, other small businesses, and our Garfield neighbors. We intend to continue our mission well into the future.

In our business, we touch a lot of people - all ages, backgrounds, races, etc. We help them change their lifestyle through fitness and wellness programs to fight diseases like obesity, type 2 diabetes, and cardiovascular disease. Our inability to fully serve our members will no doubt result in a decline in their health status over time.