

# IRONBOURNE FITNESS WIREFRAMES - HIGH-FIDELITY REVISIONS

Home Page

**IRONBOURNE FITNESS**  
EST. 2018  
BECOME STRONGER THAN YOUR EXCUSES  
START YOUR 1-WEEK FREE TRIAL!

"WHAT SEEMS IMPOSSIBLE TODAY WILL SOON BECOME YOUR WARM-UP"

A FITNESS COMMUNITY  
**OUR STORY**  
ABOUT US

MOVEMENTS THAT FIT YOUR NEEDS  
**OUR CLASSES**

We offer a weekly schedule of classes for every fitness fan. Whether you want to dial up the intensity or take a more relaxed approach, work your legs or get in some cardio and core, we've got a class with a spot just for you. Create your own personalized schedule by choosing the classes that suit your needs.

<b>Functional Fitness Training FT60</b> FT60 Functional Fitness Training is a 60 min class including a combination of strength training and metabolic conditioning. Strength/Cardio	<b>NextGen Bootcamp Uplift</b> Uplift is a bootcamp style barbell-less class that is focused on high intensity metabolic and core conditioning. Cardio Heavy	<b>Olympic Lifting Oly Skills</b> Join us for Oly Skills and dial in Olympic Lifting techniques which will help to build a strong base. Strength Heavy
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VIEW MORE

**AFFORDABLE OPTIONS**  
**OUR MEMBERSHIPS**  
MEMBERSHIP PRICING

**WHAT PEOPLE ARE SAYING...**

**Nick Pinnegar**  
"I've been a member at IronBourne for 3 months now and I absolutely love it. I'm in my early 30's and have never in my life had a consistent workout regimen, so I thought I was going to be intimidated that everyone is "better" than me. I was so wrong! Everyone is so kind and supportive, and will literally cheer each other on during classes. Though everyone has different fitness goals, we pull through WODs as a team. The coaches know their stuff and are so helpful about technique."

**HAVE QUESTIONS? CONTACT US TODAY!**  
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Strength Cardio

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**Olympic Lifting Oly Skills**  
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## Team Bio Page(s)

IronBourne Fitness | About Us | Classes | Membership Pricing | Contact | Log In

## MEET THE TEAM




**Coach Alex**  
Functional Fitness Training - FT60, NextGen Bootcamp - UpLift

Health and fitness has been an addiction/passion of mine for over ten years. My journey started in high school, and has continued through college. I discovered CrossFit in early 2019 where I was immediately obsessed with the supportive community and competitive nature of the sport.


As a USAW L1 certified coach, my goal is to create a positive and motivating environment where we build on your strengths and challenge your areas of opportunity.

Beyond the gym I enjoy spending time with my wife and daughter, hunting, and playing rec league sports.




**Coach Chelsea**  
NextGen Bootcamp - UpLift

Starting at a young age, I've loved everything that had competition. I ran track in college and have a bachelors in exercise science, but I did not fully appreciate my personal fitness journey until I found lifting. The first year of my fitness journey was intensely personal. After 2 years of personally growing in my strength both mentally and physically I found CrossFit. This is where my passion grew immensely. It incorporated the competition that I love, as well as the personal goals with a community all striving to be better. At IronBourne Fitness I found my passion of coaching. I now am inspired and empowered through coaching and seeing others encompass the same desire in improving themselves. I aspire to be the coach that will constantly motivate and encourage you while also teaching correct form and movements. I strive to make you feel comfortable in the gym environment, but uncomfortable during the workouts.




**Coach Drew**  
Functional Fitness Training - FT60

I've had a love for athletics and fitness my whole life. I started CrossFit 3 1/2 years ago, and immediately had a passion for the competitiveness and community that comes with it. I am a certified Master Fitness Trainer in the United States Army. When I am not coaching or training, I work full-time for the Army National Guard, and I take pride in being the best dog dad to my 2 pups!



**Coach Michelle**  
Functional Fitness Training - FT60

I've had a passion for fitness as long as I can remember. I feel energized, recharged and strong anytime I can get a good workout in. I love functional fitness, yoga and the occasional run. I find joy in helping others discover that they are strong and capable no matter where they are in their fitness journey. I am an ACE (American Council on Exercise) certified fitness instructor, a USAW certified Level 1 Weightlifting coach, and I hold a fitness nutrition certification through ACE as well. My other passions include spending quality time with my family, baking, music and sculpting in clay.



**Coach Rusty**  
Olympic Lifting - Oly Skills


I found the charms of Nebraska when I moved to Seward to play football in college. In 2015 I moved to Chicago where I found CrossFit. There I started training competitively, completed my CFJ, 1 and worked with an Olympic lifting coach to perfect (are we ever perfect) my barbell skills. Since that time I have coached at multiple CrossFit gyms including a gym in Berlin, Germany where I ran the Olympic lifting and beginners CrossFit programs. I absolutely love functional fitness especially when it includes a heavy barbell. Personally speaking, spending time with my wife McKenna and daughter Logan is one of my favorite things to do.

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**Coach Alex**  
Functional Fitness Training - FT60  
NextGen Bootcamp - UpLift

[See More](#)




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[See More](#)



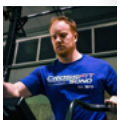
**Coach Drew**  
Functional Fitness Training - FT60

[See More](#)



**Coach Michelle**  
Functional Fitness Training - FT60

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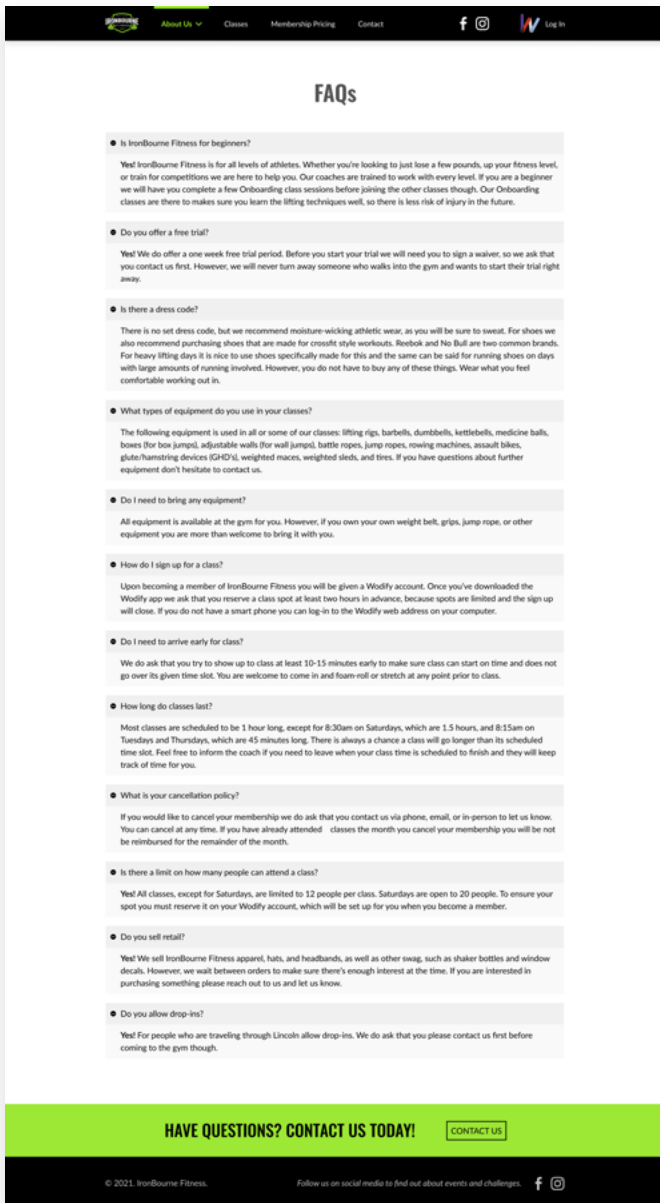
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# IRONBOURNE FITNESS WIREFRAMES - HIGH-FIDELITY REVISIONS

The desktop wireframe features a dark navigation bar with the IronBourne Fitness logo, a dropdown menu for 'About Us', and links for 'Classes', 'Membership Pricing', and 'Contact'. Social media icons for Facebook, Instagram, and LinkedIn are also present. The main content area is titled 'ADDITIONAL SERVICES' and is divided into three sections: 'ACTIVE RECOVERY SESSIONS', 'ROMWOD', and 'SUPPLEMENT & APPAREL ORDERS'. Each section includes descriptive text, pricing information, and location details. A 'SCHEDULE AN APPOINTMENT' button is provided for the Active Recovery Sessions section. A 'GET ACCESS TO ROMWOD' button is located below the ROMWOD section. At the bottom, a green banner contains the text 'HAVE QUESTIONS? CONTACT US TODAY!' and a 'CONTACT US' button. The footer includes the copyright notice '© 2021, IronBourne Fitness', a social media follow prompt, and social media icons.

**ADDITIONAL SERVICES**

**ACTIVE RECOVERY SESSIONS**

Coach Chelsea offers active recovery for our iFit members. Chelsea is a certified massage therapist and is also certified in instrumental assisted soft tissue manipulation (Gaston therapy). She also offers magnetic cupping, muscle stimulation and consultations with members on different stretches/exercises to help with problem areas.

**PRICING**

\$25 for one session  
\$90 for three sessions  
\$175 for six sessions

**LOCATION**

Sessions will be at IronBourne Fitness and must be scheduled outside of class times.

**SCHEDULE AN APPOINTMENT**

**ROMWOD**

Another benefit for our full-time members is our ROMWOD affiliate programming package. If you are a full-time member and you are interested in increasing your mobility and flexibility while optimizing your rest days, let us know and we will give you access to our profile via the ROMWOD app. The ROMWOD app includes videos of active recovery workouts for targeted areas of the body.

**GET ACCESS TO ROMWOD**

**SUPPLEMENT & APPAREL ORDERS**

Are you interested in ordering supplements from Elite Nutrition or purchasing some IronBourne Fitness swag? Check in with your coaches at the gym to find out when orders can be placed and picked up. Thank you!

**HAVE QUESTIONS? CONTACT US TODAY!**

**CONTACT US**

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## Additional Services Page

The mobile wireframe is a vertical layout of the 'ADDITIONAL SERVICES' page. It features a dark navigation bar with a hamburger menu icon, the IronBourne Fitness logo, and a 'Log In' link. The content is organized into sections: 'ADDITIONAL SERVICES', 'ACTIVE RECOVERY SESSIONS', 'PRICING', 'LOCATION', 'ROMWOD', and 'SUPPLEMENT & APPAREL ORDERS'. Each section contains the same text as the desktop version, but the text is smaller and the layout is more compact. A 'SCHEDULE AN APPOINTMENT' button is present under the Active Recovery Sessions section. A 'GET ACCESS TO ROMWOD' button is located below the ROMWOD section. At the bottom, a green banner contains the text 'HAVE QUESTIONS? CONTACT US TODAY!' and a 'CONTACT US' button. The footer includes the copyright notice '© 2021, IronBourne Fitness', a social media follow prompt, and social media icons.

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# IRONBOURNE FITNESS WIREFRAMES - HIGH-FIDELITY REVISIONS


## Class Description Page

Home Classes Memberships Private Contact

### OUR CLASSES

Most classes are scheduled to be 1 hour long, except for 8:30am on Saturdays, which are 1.5 hours, and 8:15am on Tuesdays and Thursdays, which are 45 minutes long. There is always a chance a class will go longer than its scheduled time slot. Feel free to inform the coach if you need to leave when your class time is scheduled to finish and they will keep track of time for you.

All classes except for Saturdays are limited to 12 people per class. Saturdays are open to 20 people. To ensure your spot you must reserve it on your Wodify account, which will be set up for you when you become a member.




#### FUNCTIONAL FITNESS TRAINING - FT60

Strength/Cardio

FT60 Functional Fitness Training is a 60 min class including a combination of strength training and metabolic conditioning. Functional Fitness methodology is based on real life functional movements such as squatting, lifting, pulling, and reaching. This class emphasizes increased mobility that prepares your body for daily tasks that you may do at work, at home or in sports.

Monday, Tuesday, Wednesday, Friday	5:00am - 6:00am	4:30pm - 5:30pm
Saturday	8:30am	




#### NEXTEGEN BOOTCAMP - UPLIFT

Cardio Focused

UPLIFT is a bootcamp style barbell less class that is focused on high intensity metabolic and core conditioning. If you are looking for a high 60 min sweat session, this one is for you.

Tuesday	8:15am - 9:30am	4:30pm - 5:30pm
Thursday	8:15am - 9:30pm	




#### OLYMPIC LIFTING - OLY SKILLS

Strength Focused

Join us for Oly Skills and dial in Olympic Lifting techniques which will help to build a strong base. The mobility and strength movements covered will aid in transitioning into more advanced movements, including Snatch and Clean and Jerk.

Sunday	1:00pm
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#### ONBOARDING

Beginners Only

Our Onboarding class is just for beginners who have little to no experience with olympic lifting. This class will help you learn the basic techniques and skills you'll need for our classes to help you be your best and minimize risk of injury.

Monday, Wednesday	6:30pm
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# IRONBOURNE FITNESS WIREFRAMES - HIGH-FIDELITY REVISIONS

## Membership Pricing Page

About Us Classes Membership Pricing Contact
f @ W Live In

## MEMBERSHIP PRICING

At IronBourne Fitness we offer a number of options tailored to your specific needs and requirements. We also offer discounts for military, first responders, students and teachers, as well as a discount for family/couples memberships. Please take a look at the options below, and don't hesitate to contact us if you have any questions.

**WE OFFER A 1-WEEK FREE TRIAL TO START!** [START YOUR FREE TRIAL TODAY](#)

Click the button to email us about starting your free trial. A waiver will need to be signed before you start.

ALL CLASS MEMBERSHIPS

Unlimited	MOST POPULAR FT60 Class	Limited (Part-time)
<b>\$125</b> Per Month	<b>\$99</b> Per Month	<b>\$75</b> Per Month
Unlimited classes per week	Unlimited classes per week	Any three classes per week
Functional Fitness Training - FT60	Functional Fitness Training - FT60	Functional Fitness Training - FT60
Olympic Lifting - Oly Skills	Olympic Lifting - Oly Skills	Olympic Lifting - Oly Skills
NextGen Bootcamp - UpLift	NextGen Bootcamp - UpLift	NextGen Bootcamp - UpLift
Open Gym*		

\*Must be a member for a minimum of 6 months to take advantage of Open Gym

CLASS SPECIFIC MEMBERSHIPS

<p><b>UpLift</b> \$60 Per Month or <b>\$75</b> Punch Card (10 Punches)</p> <p><small>Unlimited NextGen Bootcamp - UpLift on the monthly plan or \$75 for a punch card (\$7.50 per session).</small></p>	<p><b>Oly Skills</b> \$40 Per Month or <b>\$75</b> Punch Card (10 Punches)</p> <p><small>Unlimited Olympic Lifting - Oly Skills on the monthly plan or \$75 for a punch card (\$7.50 per session).</small></p>
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Pricing above is based on an individual session or monthly membership. All membership option terms and pricing are subject to change without notice.

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## Contact Page

