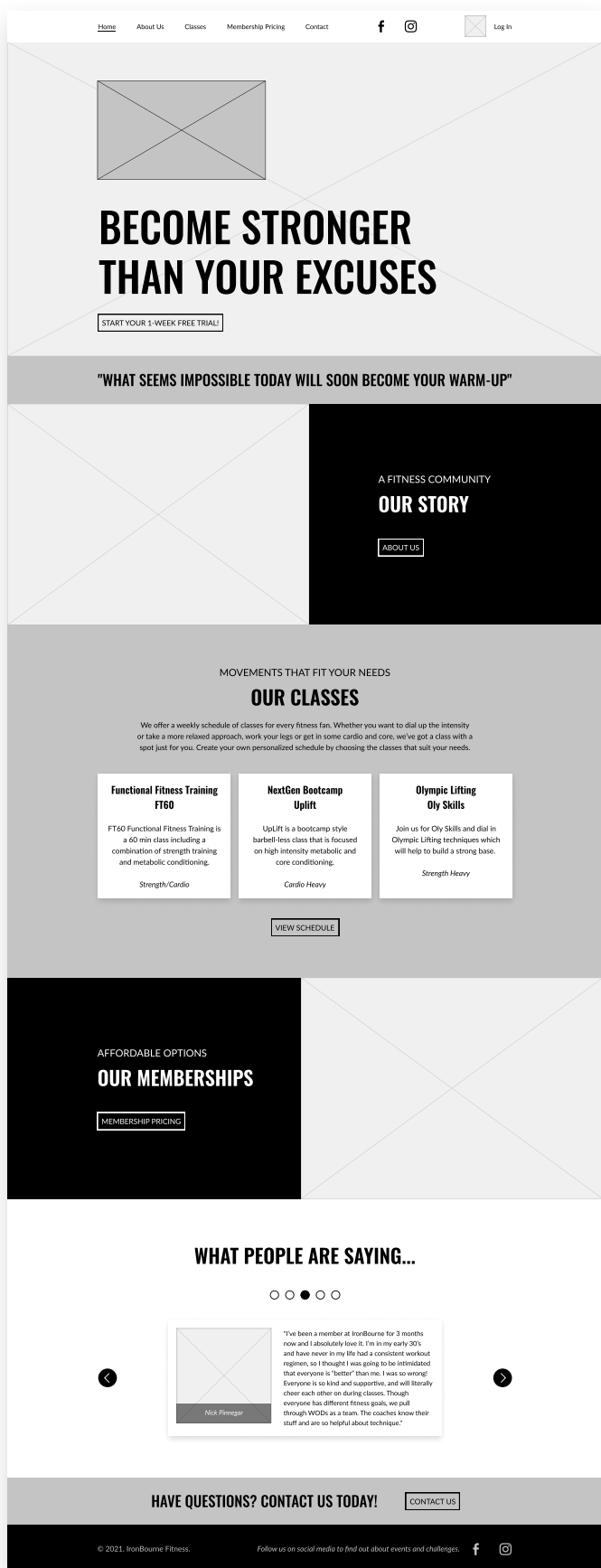
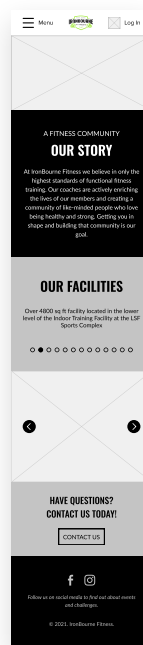
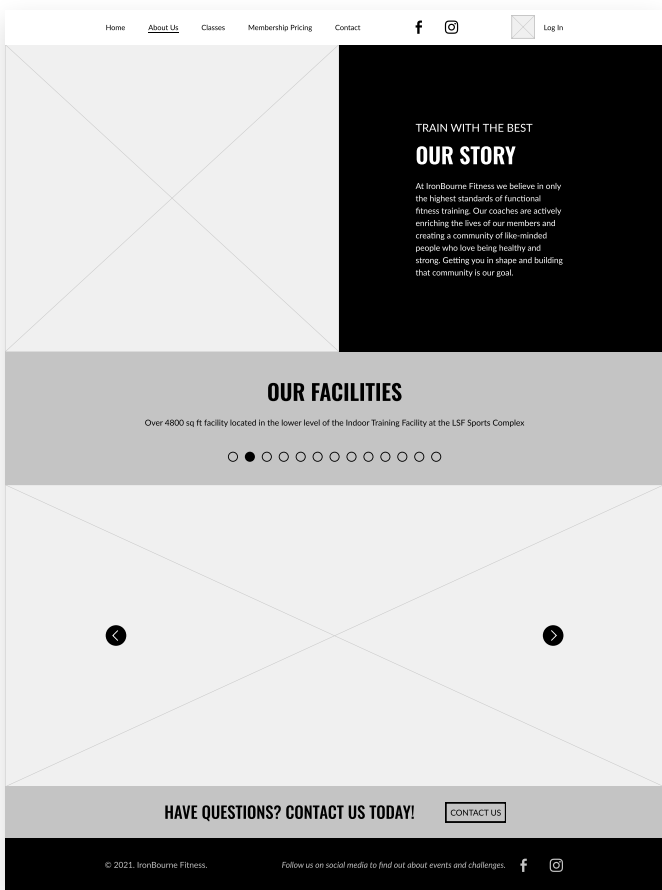


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Home Page

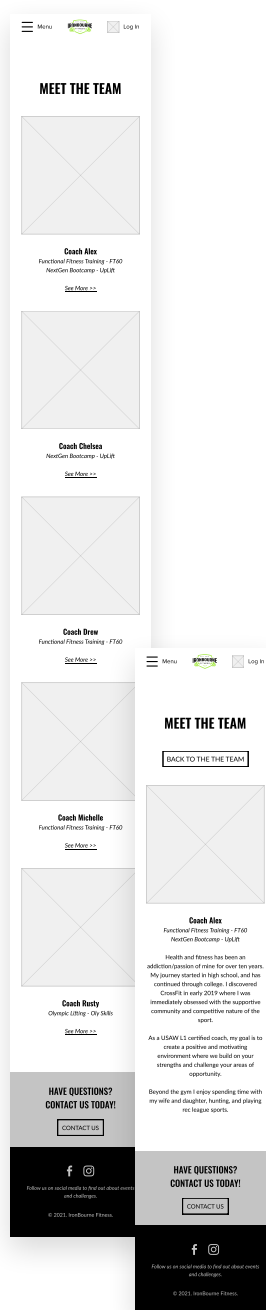
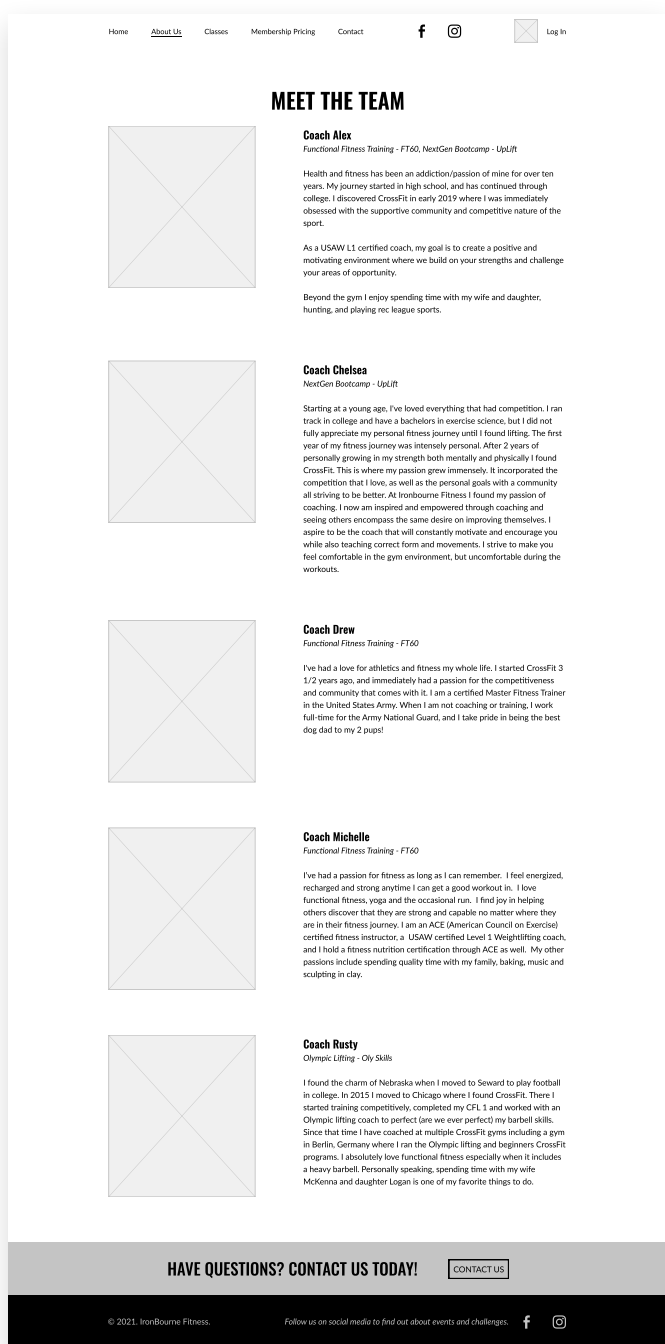
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About Us Page

IRONBOURNE FITNESS WIREFRAMES - LOW-FIDELITY

Team Bio Page(s)



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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 LT 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. I 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 on 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 charm 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 CFL 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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MEET THE TEAM



Coach Alex

Functional Fitness Training - FT60
NextGen Bootcamp - UpLift

[See More >>](#)



Coach Chelsea

NextGen Bootcamp - UpLift

[See More >>](#)



Coach Drew

Functional Fitness Training - FT60

[See More >>](#)



Coach Michelle

Functional Fitness Training - FT60

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MEET THE TEAM

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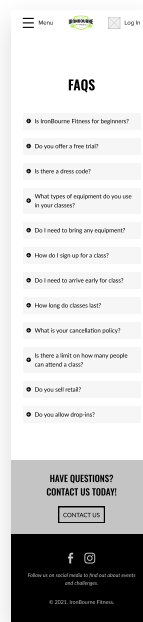
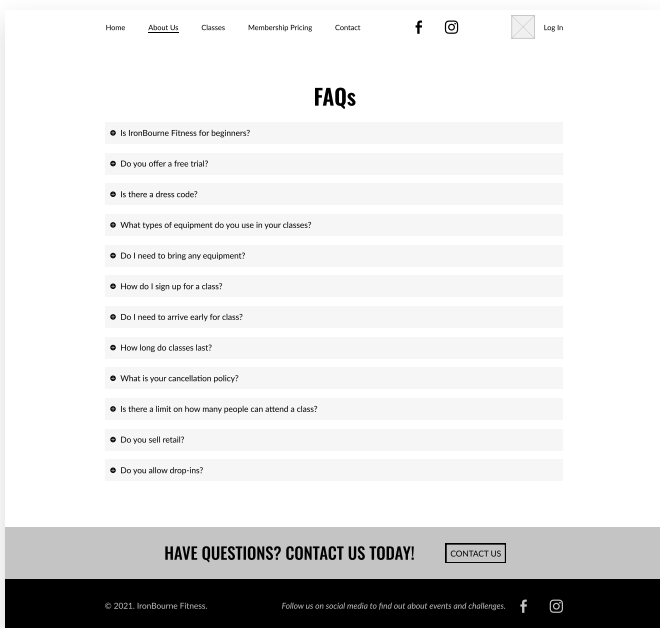


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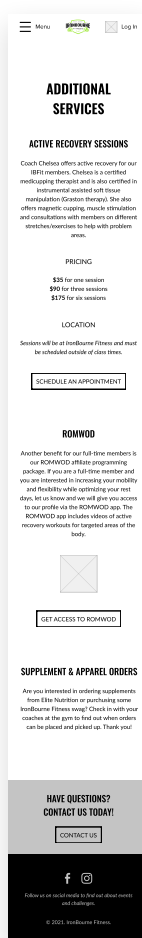
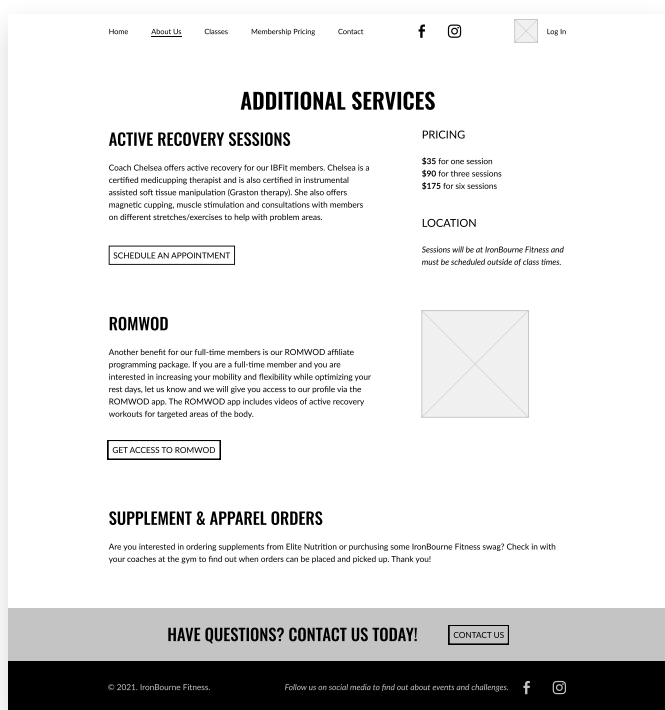
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FAQs Page



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Additional Services Page

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Class Description Page

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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 be 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.

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

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

NEXTGEN 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 legit 60 min sweat session, this one is for you.

Tuesday

8:15am	6:30pm
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Thursday

8:15pm	5:30pm
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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

HAVE QUESTIONS? CONTACT US TODAY!

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Membership Pricing Page

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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)
\$125 Per Month	\$99 Per Month	\$75 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

UpLift \$60 Per Month or \$75 Punch Card (10 Punches)	OLY Skills \$40 Per Month or \$75 Punch Card (10 Punches)
Unlimited NextGen Bootcamp - UpLift on the monthly plan or \$75 for a punch card (\$7.50 per session).	Unlimited Olympic Lifting - Oly Skills on the monthly plan or \$75 for a punch card (\$7.50 per session).

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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ALL CLASS MEMBERSHIPS

MOST POPULAR

FT60 Class
\$99 Per Month

Unlimited classes per week
Functional Fitness Training - FT60
NextGen Bootcamp - UpLift
Olympic Lifting - Oly Skills

Unlimited
\$125 Per Month

Unlimited classes per week
Functional Fitness Training - FT60
NextGen Bootcamp - UpLift
Olympic Lifting - Oly Skills
Open Gym*

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

Limited (Part-time)
\$75 Per Month

Any three classes per week
Functional Fitness Training - FT60
NextGen Bootcamp - UpLift
Olympic Lifting - Oly Skills

CLASS SPECIFIC MEMBERSHIPS

UpLift
\$60 Per Month
or
\$75 Punch Card (10 Punches)

Unlimited NextGen Bootcamp - UpLift on the monthly plan or \$75 for a punch card (\$7.50 per session).

OLY Skills
\$40 Per Month
or
\$75 Punch Card (10 Punches)

Unlimited Olympic Lifting - Oly Skills on the monthly plan or \$75 for a punch card (\$7.50 per session).

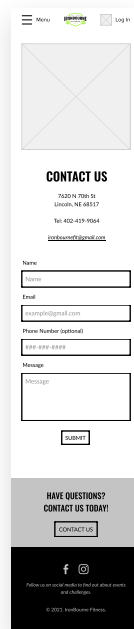
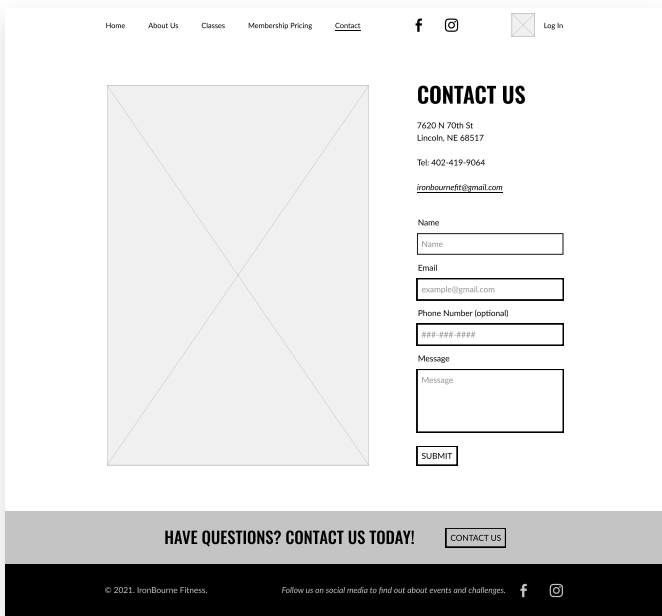
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