

We Need Your Help

Steve's Club Flagstaff is a non-profit organization dedicated to providing at-risk Flagstaff youth reduced, low or no cost access to CrossFit training, nutrition education, community and mentorship.

Steve's Club Flagstaff is funded through donations and community fundraising.

Please consider making a contribution today to help our Flagstaff youth rise above adversity through CrossFit.

Tax deductible donations can be made to:

Steve's Club Flagstaff
1072 E. Old Canyon Court
Flagstaff, AZ 86001
(928) 607-6193
www.stevesclubflagstaff.com
www.gofundme.com/5fk4uk



RISE ABOVE

Steve's Club Values

Integrity: Do the right thing.

Respect: Treat everyone well, play fairly.

Improvement: Keep learning, growing, and getting better every day.

Teamwork: Help each other, cooperate, be loyal to the group.

Support: Encourage and motivate others.

Positivity: Have a good attitude, rebound from challenges, and believe that you can.

Discipline: Work hard, be dedicated, and commit to excellence.

Character: Strive to be the best you can be.

Community: Give back, be a good role model, inspire others.



Imagine a country where kids grow up valuing fitness and nutrition, where youth from disadvantaged backgrounds are given the opportunity to improve their health, fitness, and personal development.

Teens from tough neighborhoods and difficult family lives choose to be involved in fitness, sports, and other

positive outlets instead of drugs, gangs, and violence.

After school, they go to their local gym, where they sweat alongside other members of their local community - firefighters, lawyers, doctors, businessmen, soccer moms, etc.

What is CrossFit?

CrossFit is a broad, general and inclusive strength and conditioning program designed to prepare athletes of all ages and abilities for any physical contingency.

“Constantly varied, functional movements, performed at high intensity.”

CrossFit trains athletes to perform successfully at multiple, diverse and randomized physical challenges; in other words, to succeed at life.



CrossFit is, quite simply, the “Sport of Fitness.” CrossFit harnesses the natural

camaraderie, competition, and fun of sport or game; yielding intensity that cannot be reached by other means.

CrossFit forges athletes of all ages and abilities to real-life health and fitness:

“Increased work capacity across broad time, modal and age domains.”



Steve’s Club Flagstaff

Steve’s Club Flagstaff provides disadvantaged Flagstaff youth cost-free access to CrossFit training, nutrition education, community and mentorship.

Steve’s Club Flagstaff provides the positive framework and community of CrossFit to help at-risk youth grow into stronger and healthier individuals - both physically and mentally. Working out and eating well become second nature, and they learn life lessons in a supportive environment - discovering what they’re capable of, pushing themselves to work hard and strive for something greater.

Steve’s Club Flagstaff provides free, low-cost or reduced cost CrossFit training classes to at-risk youth on all Saturdays and Sundays at 11:00 AM, at CrossFit Flagstaff, located at 1072 E. Old Canyon Court, Flagstaff, AZ.

**For more information:
Just Show Up!**

Personal health is a strong platform for future development; by giving them the right tools and encouragement, we can make a difference in the lives of individual kids and begin to create change on a larger scale. The future of America rests with our youth. Steve’s Club Flagstaff aims to strengthen our community and our nation, one kid at a time.



Steve’s Club Flagstaff is a participating member of Steve’s Club National Program. Steve’s Club National Program is a member-based 501(c)(3) for at-risk youth fitness.

