CrossFit Concrete Jungle (CFCJ), the NYC Upper East Side CrossFit gym, was born out of the desire for community and optimal health. CFCJ is a group of highly experienced personal trainers who bring an abundance of knowledge, combined decades of experience and whole lot of fun and motivating personalities. We strive to provide the best level of instruction, professionalism, enthusiasm and fun environment to our members and visitors. We are known for stellar-burner fun classes and amazing supportive community. All classes are fitted for beginners, intermediates and advanced athletes.

CrossFit Concrete Jungle offers a wide variety of classes:

**CrossFit** – we offer Free Intro to CrossFit every Saturday at 12PM

**Boxing**

**Concrete Bootcamp**: is a group class that uses a time component to keep the intensity and heart rate up while working on your core. These can include any exercises, from heavy to light and everything in between. This conditioning bootcamps can range from 45 to 60 minutes and are always high intensity and very unpredictable.

**Kettlebell**: Our 45-min to 1-hour class is designed to help you build lean muscles, increase strength in the upper body, develop your core and legs and increase co-ordination and overall endurance. It's a challenging high-intensity circuit training and what is unique for CFCK is that it combines Kettlebells, bodyweight and cardio exercises for a maximum optimization of all your muscles and cardiovascular system.

**Concrete Mash-up**: Concrete Mash-Up...where all of the CFCJ offerings (CrossFit, Bootcamp, Kettlebell) are mashed together for an hour of High Intensity Training you won’t experience anywhere else! CrossFit experience is not required!

**Row’d Rage**: Row’d Rage delivers high intensity, high energy, low impact, full body workouts centered around the indoor rower. Combined with other functional and athletic movements, our 60 minute sessions deliver rowing workouts designed to burn calories, build your capacity and grow your engine.

**Supple Leopard (Mobility)**: This is where the foam roller and other self-massage and mobility tools and exercises come in handy. At our mobility classes we hope to help you stretch, mobilize and increase your athletic potential.

**Private Coaching**: Whether you’re looking for a few one-off sessions to work on a particular problem, or a want more practice to get a handle on a Crossfit move, or a longer term program to reach your training goals we’ve got you covered!

**Olympic Lifting**: Early AM Oly is our 60 min long Saturday morning class focusing on the Olympic Lifts and assistance exercises. We Squat, Snatch, Clean and Jerk. There's no better way to start your Saturday morning off than by having some coffee and coming in for some Early AM Oly! Classes are fun, engaging, and fueled by the love of iron and heavy weights!

For Mount Sinai employees we are offering
20% discount on all class packs and 15% discount on memberships.