



December 7, 2015

Cherry Bomb Garage Gym

29 Railside Road
Lancaster, Ontario, K0C 1N0

www.cherrybombgaragegym.com

sara@cherrybombgaragegym.com

Owner(s): Sara Leger
Type of Business: Health & Fitness
of Employees: 1
Hours of Operation: Mon: 9am-1pm & 5pm-8pm
Tue: 6pm – 8pm
Wed: 9am-1pm & 5pm-8pm
Thu: 6pm – 8 pm
Fri: 9am-1pm & 5pm-8pm



ABOUT US

Our group started in a garage with a couple of barbells, some medicine balls and music. We are not a gym, we are a community.

Cherry Bomb Garage Gym is a functional fitness facility. Prioritizing good movement, foundational strength, community and fun! Our CrossFit, CrossFit mobility, Agatsu kettlebell, OWA Olympic lifting and Fu Barbell trainer has been coaching locals since 2004 but Cherry Bomb officially opened it's doors, in a small garage gym, in 2012.

Coach Mighty Mouse, as she's called, taught two small group classes, three times a week. A year later her group of 10 became 20, then 30 and new classes were opened. All word of mouth. It was official. Cherry Bomb Garage Gym needed a larger location and so in 2015 a new garage was built.

2,000 square feet of functional fitness. With air conditioning – Woo Hoo!



Classes now run 5 days a week and are all coached by Coach Mighty Mouse. All the programming is done for you and every class is monitored and run by our more than qualified coach. Safety first! Fun second!

WHAT WE DO

When you join Cherry Bomb, you not only join a gym where athletes train, you join our community filled with all types of people focused on improving everyday. Whether it is becoming healthier mentally, physically, or spiritually, our gym is about marked improvement and our close relationships inspire us to accomplish these goals. Our mission is to change lives and empower people to become the best versions of themselves!

GETTING STARTED

It's easy to join our community. We offer:

- FREE introductory trial and assessment
- CHERRY BOMB – CrossFit (must take introductory course to attend – On Ramp)
- FIT CLUB (CrossFit & kettlebell Bootcamp)
- Retro Fit (40+ age group)
- LIFT U – Olympic Lifting Seminar
- U FIT – Fitness 101 Seminar – never be intimidated by exercise or a gym again
- Private training

WE HAVE BEEN IN SOUTH GLENGARRY SINCE...

2012

WHY SOUTH GLENGARRY?

I have lived here my whole life. With some stints in Montreal and Vancouver, mind you, but I came back home. I saw a need for something; anything and not just any other gym but a place where locals could train, grow and have fun together.

We believe in a strong community environment and that Fitness is a life-long commitment. The sense of community here is unique; everyone knows one another, there is always someone to help with technique, you compare WOD results, discuss competitions, etc. This doesn't happen in regular gyms, no one speaks to one another except to occasionally ask, "are you using this?"

People often ask why our gym is different. So what better way to find out than to ask our members.

CLICK TO FIND OUT – <http://www.cherrybombgaragegym.com/why-cherry-bomb.html>