

Welcome to Choctaw CrossFit!

What is CrossFit?

CrossFit is a strength and conditioning program built on functional movements that we experience in day-to-day life and executed at high intensity.

Why are we different?

Our methodology delivers a program that is designed to be broad and inclusive for people of all ages and fitness levels. Universal scalability of load and intensity provides results for any committed individual regardless of current fitness level or experience. Our programming reflects our belief that fitness needs for grandparents, fire fighters, police, kids, and everyone in between differ by degree, not kind.

Our view of what fitness is and how to achieve it works by effectively unraveling the distinction between weight training and cardio and combining them into metabolic strength and conditioning.

Contact Us!

Instructors:

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Address:

2750 Big Lots Pkwy
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Located inside the
Choctaw Wellness
Center- Durant



Choctaw Nation Wellness Center



Endurance
Stamina
Strength
Flexibility
Power
Speed
Coordination
Agility
Balance
Accuracy

Fitness Elements (Fe)

Fitness Elements is a two week (6-day) course introducing members to the foundational movements and intensity of CrossFit. Each session will build upon prior movements/skills from previous classes.

If you are new or have no previous experience to CrossFit, Fitness Elements is a prerequisite for joining our regularly scheduled classes.

Please contact us to register or for more information.

Class Schedule

Monday – Friday	Coach
5 am – 6 am	Kaytlin Eastwood
6 am – 7 am	Justin Jernigan
8:30 am – 9:30 am	Kaytlin Eastwood
12 pm – 1 pm	Joshua Benson
3:30 pm – 4:30 pm	Britni Landers
5 pm – 6 pm	
6 pm – 7 pm	Joshua Benson
7 pm – 8 pm	



Choctaw Nation

Wellness Center

Community



Monday, Tuesday & Thursday	Coach
10 AM	Kaytlin Eastwood
8 PM	Michaela Wiyninger Lacey Wallace