WELCOME TO THE FIEND COMMUNITY

CULTURE & COMMUNITY

We're happy you're here. Whatever your starting point, you have coaches ready to help and a community ready to cheer you on. Your goals become our mission.

OUR MISSION

To empower individuals through a supportive community, meeting people where they are, and helping them grow physically and mentally.

OUR VALUES

Faith - Put your faith into action through how you live, serve, and care for others.

Family - Treat others the way you want to be treated. Respect, support, and care for each other. Everyone belongs.

Service - See a need, fill a need. Step up, lend a hand, and leave things better.

Autonomy - Take ownership of your progress. We'll help you build the knowledge and confidence to make healthy choices inside and outside the gym.

Trust - Be honest, communicate openly, and do what you say you'll do.

Coachable - Stay willing to learn. Ask questions, listen to feedback, and keep improving. That goes for our coaches and owner, too.

HOW WE SHOW UP FOR EACH OTHER

- **Learn names. Say hello.** Introduce yourself and help someone new feel welcome.
- **Give fist bumps.** Celebrate effort, progress, and the person beside you.
- **Stay until everyone finishes.** Keep cheering, and wait until everybody is done before putting equipment away.
- **Be ready for class.** Arrive on time and give the coach your attention during instructions.
- **Train for your starting point.** Ask for help and work with your coach to adjust movements and weights.
- **Respect the space.** Wipe down equipment, return it where it belongs, and help keep the gym ready for the next class.
- **Stay connected.** Share your wins, encourage others in SugarWOD, and join community events when you can.

JOIN OUR PRIVATE ATHLETES' FACEBOOK GROUP

Tap below or scan the code to request to join.

TAP TO REQUEST TO JOIN

Show up, bring your effort, and let us help you grow. We're glad you're part of Fiend.