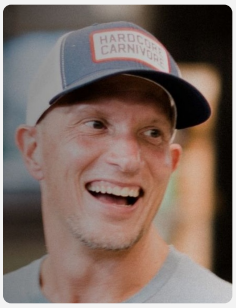
THE PEOPLE IN YOUR CORNER

MEET YOUR FIEND TEAM

Questions about a movement, your progress, or getting settled? We're here to help. Say hello in class or tap an email below to reach out.



Mike Cook

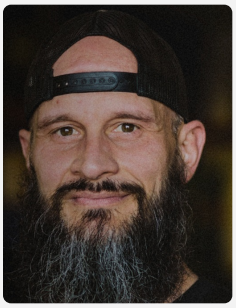
HEAD COACH

Level 3 CrossFit Trainer

Favorite lift

Deadlift

Mpcook23@gmail.com



Richard Hutton

OWNER

Level 3 CrossFit Trainer

Favorite lift

Snatch

richard@crossfitfiend20.com



Jacob Pinero

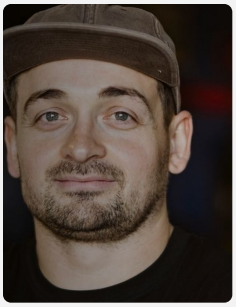
COACH | HABLA ESPAÑOL

Level 1 CrossFit Coach

Favorite lift

Snatch

jacob@crossfitfiend20.com



Nathan Lowder

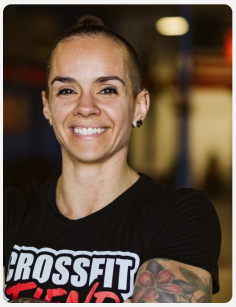
CROSSFIT COACH

Level 1 CrossFit Coach

Favorite lift

Thruster

Nilowder@gmail.com



Heather Hutton

NUTRITION COACH

Level 1 Nutrition Coach

Support with nutrition and sustainable habits.

doughty_heather@yahoo.com

Cheree

GYM FLOOR MANAGER

Need a hand around the gym? Reach out to Cheree, your Gym Floor Manager.

chereemcclain@att.net

NOT SURE WHO TO ASK?

Start with your class coach or email **info@crossfitfiend.com**.