



## CrossFit CHALKBOX

Main contact person

Agnes Vanblarcum

Club address

Chart Farm, Seal Chart  
Sevenoaks, Kent, TN15 0ES

Email

[frontdesk@chalkbox.co](mailto:frontdesk@chalkbox.co)

Landline phone number

01732 647054

Website

<https://chalkbox.co/>

Main activity

Coached small group classes with focus on strength and conditioning. Any fitness level welcome because all classes are coached and are scaled to any fitness level.

Who is welcome or qualified to join?

Beginners

Experienced

Under 12's

Under 18's

Over 55's

What is the route for a new starter?

Introductory course

1-1 introduction

How can new members engage and try?

By calling or filling out a form at <http://chalkbox.co/start-your-fitness>

Costs

Between £80-100 a month

If you offer support for low income families, please give an outline

Our gym provides financial assistance for families who may need it. Reach out to us, and we'll call you to talk through the discount options

We offer...

Coaches small group classes to focus on overall fitness which includes strength and conditioning for ages 4 - 70+ We offer 1-2-1 classes where we can focus on injuries, specific goals or just general fitness

What do new members need to bring?

Sports outfit and water.

What do new members gain in the first 8-12 weeks

Learn basics safely
Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
Improvement in memory
New friends
New skills
Family friendly activities

What is your club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Developing youth talent opportunities

Community

ChalkBox is more than a gym, we have a supportive CrossFit community where people of all ages and fitness levels come together to get stronger, have fun, and push their limits in a positive environment.

Your thoughts and ideas

We also aim to involve local GPs. Alongside supporting young people and those aged 55+, we're committed to helping individuals with health challenges such as overweight, heart conditions, cancer recovery, depression, diabetes, and more. Many people in our community can benefit from safely coached classes that adapt to each individual's needs