

What else could we do better? Do you have any other comments?

- 👤 A mobility/stretching program - More skill work. Possibly with 2 coaches, one teaching less skilled work and the other teaching more skilled - ABMATS! - More rowers, and possibly incorporating more rowing into the WODs - More of a web presence/footprint
- 👤 Better? It does bug me that the floor mats gets separated...just feel like it is a tripping hazard sometimes during warmups. Other Comments? I just LOVE ending my days with my trip to the gym. The atmosphere, competition, coaching, and results are all more than I ever expected before joining!
- 👤 More open gym. Love love love Milestone!!!
- 👤 I like the idea of set in stone open gym times, sand bag WODs, rope climbs, sprint work. All those sound brutal, but would be good skill work/wod material.
- 👤 I want to rope climb.
- 👤 Maybe have paleo meals that can be bought on site after workouts (there are companies that do this). Maybe have a weekly menu on the board for suggested diet for that week.
- 👤 Maybe instead of 2X or 3x a week, have unlimited classes at unlimited times, whenever the classes work for you.
- 👤 Monkeybars! Kids programs. More variety in warmups. I love you guys.
- 👤 Music is still limiting wkts. Lots of sge groups but us older dont get down to hip hop all the time.
- 👤 I wouldn't change a thing about our box! You guys are the best!!!
- 👤 Just keep on keeping on. I just hope Milestone keeps growing and becomes bigger and better in 2012. Keep up the great work!
- 👤 I think you do an outstanding job. I am very happy with Milestone Crossfit.
- 👤 I think the entire experience is great! From the actual work outs to the feel of the box.
- 👤 Great gym. Thank you for all you do.
- 👤 I have nothing to complain about!! :)
- 👤 Nope.
- 👤 Outlaw burpies, just kidding
- 👤 Thank you for being here!

- 👩 we love the environment....very friendly & fun....Thx Ben & Amber !!!! & Conrad
- 👩 Y'all are doing a GREAT job! Your box is unlike anything I've ever experienced... in the family atmosphere, the community focus, and the genuine care you have for your clients. --keep up the good work!
- 👩 You are doing an awesome job and I love your commitment to program.
- 👩 You guys do a great job. Very motivational coaching. Maybe starting up a boot camp would be a nice addition
- 👩 You guys rock! You have changed my life!

Thanks for all of your support!!!