

CrossFit Osiris

If large health clubs feel too big for you, maybe you'll find yourself working out in a box (a warehouse facility with a small group of people, cheering for each other through the CrossFit work out of the day).

Vanessa Varichak-Biernat, owner and head coach at CrossFit Osiris, opened the doors for business in May 2017 after six years of CrossFit experience. Coming from an athletic background and having a knack for competition, Biernat naturally found herself training CrossFit as well as helping other CrossFit gym owners make their boxes better with business management and marketing.

CrossFit Osiris prides itself on a competitive atmosphere. Unlike other sports, you compete against yourself, not others – to bring out your personal best. During the average first-time visit at CrossFit Osiris, customers will be lead through the Workout of the Day (WOD) on the white board – this workout will be customized and scaled based on their background. "The CrossFit atmosphere is more intimate – it gives you a tight-knit feel with more accountability and friendship at the gym," says Biernat. "The Elite Athletes you will see when you google CrossFit is not the general public." Biernat's goal with CrossFit Osiris is to create a positive atmosphere of an intimidating sport. One-on-one trainings as well as group trainings are offered throughout the week along with advice on healthy living.

Out of 13,000+ CrossFit gyms nationwide, Biernat put a lot of thought into naming her business. The name Osiris is an Egyptian deity that symbolizes rebirth and regeneration. "We embrace the fact that you're constantly growing and changing," states Biernat.

An experienced member of the CrossFit Osiris box can stay connected and challenged by participating in monthly community events at the gym as well as larger competitions that involve other CrossFit gyms. Biernat explains, "these are friendly competitions, not necessarily gym vs. gym. These competitions bring athletes together. I'm glad CrossFit is doing well within our box as well as other boxes in the north metro."

"If there's anything I can express to Coon Rapids residents, it's that you don't have to be an athlete to start. Definitely come in no matter your age, weight, size, shape or anything. You are welcome here."

Quick Facts:

- » Address: 9250 Holly St. NW
- » 3 Coaches employed, currently bringing others on board.
- » Vanessa Biernat's husband, Brandon also plays a role in CrossFit Osiris.

