



Welcome to SoKno, Inc., home of South Landing CrossFit. We are passionate about movement and using movement to enhance the lives around us. That might be losing a few pounds, increasing strength and mobility, or a sport specific goal.

Whatever your goals are, we want to meet you where you are at and formulate a plan for where you want to go.

Our CrossFit training program is customized for individuals of all skill levels, and we are able to work around any mobility concerns or previous injuries that need attention. We are about movement, but using movement for long-term health and wellness, not short term gains.

So, how do you get started? We offer a complimentary 7 day trial if you would like to come try us out. Click on the form below or contact us if you'd like to come try us for 7 days!

Phone: (865) 776-7230

Email: info@southlandcrossfit.com

Website: www.southlandcrossfit.com

Facebook & Instagram: @SouthLandingCrossFit

"Using movement to enhance lives"

Programs: CrossFit Group Training, One on One personal training, and small group training. All levels welcomed!

No experience necessary.