



CROSSFIT

MIDHUDSON

CrossFit MidHudson

10 Commercial Ave, Highland, NY 12528

Phone: (845) 417-4962

Website: [CrossFit MidHudson](#)

2024-2025 WMCHHealth Employee Discount:

CrossFit MidHudson in Highland, NY, is offering 10% off a membership.

Must show WMCHHealth Employee ID Badge to get discount.