



Facility & Class Schedule

Updated: September 28, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit		
7:00 am	FA CrossFit LT	FA CrossFit LT	FA CrossFit LT	FA CrossFit LT	FA CrossFit LT		
8:00 am	Open Gym						
9:30 am	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA Row 9:00 am-10:00 am	
10:30 am	FA Mobility 10:30 am-11:00 am	Personal Training/ Open Gym	FA CrossFit	Personal Training/ Open Gym	FA CrossFit	FA CrossFit 10:00 am-11:00 am	FA Flow Yoga 10:30 am-11:30 am
	FA CrossFit					FA CrossFit 11:00 am-12:00 pm	
11:30 am	FA Row	FA CrossFit	FA Row	FA CrossFit	FA CrossFit		
12:30 pm	FA CrossFit	FA CrossFit Yoga	FA CrossFit	FA Flow Yoga	FA Row	FA CrossFit LT 12:00 pm-1:00 pm	FA Flow Yoga 12:00 pm-1:00 pm
1:30 pm	Personal Training / Open Gym					FA Olympic Weight Lifting 1:00 pm-2:00 pm	
3:30 pm	FA CrossFit Kids 3:30 p- 4:15 pm		FA CrossFit Kids 3:30 pm-4:15 pm				
4:30 pm	FA CrossFit LT	FA CrossFit	FA CrossFit LT	FA CrossFit	FA Row		
5:30 pm	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit		
	FA CrossFit Yoga		FA CrossFit Yoga				
6:30 pm	FA Mobility 6:30 pm-6:50 pm	FA CrossFit	FA Mobility 6:30 pm-6:50 pm	FA CrossFit	FA CrossFit		
	FA CrossFit		FA Row				
7:30 pm	FA Olympic Weight Lifting	FA CrossFit LT	FA Olympic Weight Lifting	FA CrossFit LT	FA CrossFit LT		

FA Activity Center:
Supervised Child Minding –
 Monday to Friday
 9:15 am – 1:30 pm
Unsupervised - Monday to
 Friday- 8:00 am - 9:15 am
 and 1:30 pm – 7:30 pm, and
 Saturday 9:00 am to 2:00 pm.

COACH-LED, SMALL GROUP and PERSONAL TRAINING for STRENGTH, ENDURANCE and MOBILITY

FA CROSSFIT

Constantly varied, everyday functional movements executed at intensity. This is all round health and fitness in a fun, encouraging environment. Skills developed and proper technique emphasized. Provides a fitness foundation for active North Shore clients.

FA CROSSFIT LIGHT

A high intensity CrossFit workout which incorporates dumbbells, kettlebells, medicine balls, pull-up bars, body weight exercises but less barbell work than a regular CrossFit class. A great environment for new members developing skills and proper technique.

FA ROW

High intensity Interval Training (HITT). Using the absolute best full body workout tool, Concept 2 Indoor Rowers, in combination with kettlebells, medicine balls, gymnastics rings, pull-up bars, and one's own body-weight. Burn 800 calories per hour, engage legs, core and arms, and improve strength and cardio, for a super-fit sculpted result.

FA OLYMPIC LIFTING

The "clean and jerk" and "snatch" (aka Olympic lifts) are highly technical movements requiring flexibility, speed and power. Dedicated to improving technique and athletic performance.

FA CROSSFIT YOGA

Opens the hips and shoulders, so athletes maximize the benefits of the CrossFit strength and conditioning programs, and minimize the potential for injury.

FA FLOW YOGA

The yogi leads the class through a flowing series of traditional yoga poses, with an emphasis on mobility, strength and relaxation.

FA MOBILITY/CORE

Short half-hour sessions focussed on an improved range of motion and core strength.

FA CROSSFIT KIDS

Moving powerfully, bending effortlessly, balancing precisely, coordinating eyes, hands and feet, exhaling negatively, inhaling fun and self-confidence. Our knowledgeable coaches will guide a life-long foundation of physical literacy.

FA PERSONAL TRAINING

One-on-one or tandem training with our highly skilled coaches. Customized guidance for those new to CrossFit who'd like to develop their skills or advanced CrossFitters refining technique.

FA OPEN GYM

Self-training time in the well-equipped FA professional athletic studio.