



BOYSCOUT CLASS SCHEDULE

<i>AS OF 2/1/21</i>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
CROSSFIT ATC 	5AM - RICARDO	5AM - RICARDO	5AM - MARIANA	5AM - RICARDO	5AM - MARIANA	
	6AM - RICARDO	6AM - RICARDO	6AM - MARIANA	6AM - RICARDO	6AM - MARIANA	
	7AM - KELLY	7AM - RICARDO	7AM - KELLY	7AM - RICARDO	7AM - KELLY	
	8AM - KELLY	8AM - RICH	8AM - KELLY	8AM - RICH	8AM - KELLY	830AM - MARIANA
	9AM - KELLY	9AM - RICH	9AM - MARIANA	9AM - RICH	9AM - MARIANA	10AM -(KIDS) MARIANA
	430PM - RICARDO/MARIANA	430PM - RICARDO/MARIANA	430PM - RICARDO/MARIANA	430PM - RICARDO/MARIANA	430PM - RICARDO/MARIANA	
530PM - RICARDO/MARIANA	530PM - RICARDO/MARIANA	530PM - RICARDO/MARIANA	530PM - RICARDO/MARIANA	530PM - RICARDO/MARIANA		

PROGRAM INFORMATION

CrossFit is constantly varied functional movements performed at high intensity.

All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

All CROSSFIT ATC classes are taught by certified CrossFit Level 1 & 2 Instructors who also have several other Personal Training Certifications and Education backgrounds.

These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time.

Intensity is essential for results and is measurable as work divided by time—or power. The more work you do in less time, or the higher the power output, the more intense the effort.

By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness.

WE ARE SWFL'S PREMIER CROSSFIT DESTINATION FACILITY, WITH ADDED BENEFITS INCLUDING AIR CONDITIONING, FULL LOCKER ROOMS, SHOWERS, CAFÉ, FREE KIDS ZONE (KID CARE), AND MUCH MORE!

CROSSFIT ATC OFFERS 30+ CLASSES PER WEEK.

WHEN YOU JOIN CROSSFIT ATC YOU ARE ALSO A MEMBER OF AROUND THE CLOCK FITNESS WHICH OFFERS 24/7/365 ACCESS WITH MULTIPLE LOCATIONS TO CHOOSE FROM AND WORKOUT AT. *(BOYSCOUT LOCATION IS CURRENTLY THE ONLY LOCATION WITH A FULL CROSSFIT BOX).*



