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Getting Started

In order to sign-up for any membership, our Elements program or a skills test-in must have been completed.

Free Workout



Every Saturday at noon there is a free workout for those interested in joining CrossFit Adaptation. Whether you've never done a CrossFit workout before, or you are a seasoned athlete, this is your chance for an introduction to CFA and CrossFit in general. All Saturday free Work Out of the Day's (WODs) are appropriate for absolute beginners and we look forward to answering your questions and discussing our program.

[View Schedule](#)

Pricing

Elements	Membership	Olympic Lifting & Barbell Club	Skills Test & Drop in
\$160 <ul style="list-style-type: none">- 9x per month [WODs]- Unlimited Yoga- Unlimited Olympic Lifting Workshop	\$180 <ul style="list-style-type: none">- 10 class punch cards- [WODs] Only	\$195 <ul style="list-style-type: none">- 13x per month [WODs]- Unlimited Yoga- Unlimited Olympic Lifting Workshop	\$220 <ul style="list-style-type: none">- Unlimited [WODs]- Unlimited Yoga- Unlimited Olympic Lifting Workshop

[Sign up today](#)

Upcoming Events

Handstand Walks Workshop

When: 11/15/14 from 1-2pm

Where: CFFC

Come & work on this great gymnastic skill. Coach Linsey will get you inverted and moving. Take with you the cues, skills, and progressions to succeed at this unique skill.

One requirement – you must be able to “kick up on the wall” unassisted.

It's free to members! (\$20 drop fee for non-members).