

2017 Schedule

GPS Human Performance
500 N Reilly Rd, Ste 112 & 114
Fayetteville, NC 28303

(910) 222-8200
gpshumanperformance@gmail.com



GPS HUMAN PERFORMANCE
STRENGTH & CONDITIONING · WEIGHTLIFTING · CROSSFIT

Membership Options

- Month to Month - \$150/month
- 3 Month - \$140/month
- 6 Month - \$130/month
- 3 Classes/week - \$115/month
- Couples - add +\$90/month
- 12 Drop-Ins - \$150
- 20 Drop-Ins - \$200
- 1 Drop-In - \$15
- 1 Week - \$50

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CrossFit 5:30 AM	CrossFit 5:30 AM	CrossFit 5:30 AM	CrossFit 5:30 AM	CrossFit 5:30 AM	Grounds & Pounds Weightlifting Club Training ONLY 8:00 AM
CrossFit 6:30 AM	CrossFit 6:30 AM	CrossFit 6:30 AM	CrossFit 6:30 AM	CrossFit 6:30 AM	
Weightlifting 7:30 AM	Weightlifting 7:30 AM	Weightlifting 7:30 AM	Weightlifting 7:30 AM	Weightlifting 7:30 AM	
CrossFit 9:00 AM	CrossFit 9:00 AM	CrossFit 9:00 AM	CrossFit 9:00 AM	CrossFit 9:00 AM	Saturday CrossFit (see online sched.) 10:00 AM
Closed from 10:00AM - 4:00PM Time available for private sessions, personal training, consultations, open gym when scheduled. If you have any questions please email gpshumanperformance@gmail.com or call (910) 222-8200.					
CrossFit 4:00 PM	CrossFit 4:00 PM	CrossFit 4:00 PM	CrossFit 4:00 PM	CrossFit 4:00 PM	
Strength & Cond. 5:00 PM	Strength & Cond. 5:00 PM	Strength & Cond. 5:00 PM	Strength & Cond. 5:00 PM	Strength & Cond. 5:00 PM	
Strength & Cond. 6:00 PM	Strength & Cond. 6:00 PM	Strength & Cond. 6:00 PM	Strength & Cond. 6:00 PM	"HYBRID" (S&C or CrossFit) 6:00 PM	
CrossFit 7:00 PM	CrossFit 7:00 PM	CrossFit 7:00 PM	CrossFit 7:00 PM		
Weightlifting 8:00 PM	Weightlifting 8:00 PM	Weightlifting 8:00 PM	Weightlifting 8:00 PM		