

CrossFit Acadiana - Lafayette

lafayette



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lafayette

CrossFit Acadiana - Lafayette

Welcome to CrossFit Acadiana in Lafayette, Louisiana

CrossFit Acadiana (CFA) is a thriving fitness community located in the heart of Lafayette, Louisiana. With an emphasis on inclusivity and support, this gym is designed to welcome everyone—from beginners to seasoned athletes.

Accessibility Features

One of the standout features of CrossFit Acadiana is its commitment to ****accessibility****. Visitors will find a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, making it easy for all members of the

community to join. This thoughtful planning ensures that everyone feels welcome and can participate in the unique CrossFit experience provided here.

A Welcoming Community

First-time visitors often express how welcomed they feel at CFA. Many have remarked, "from the moment I walked in, the staff and members were welcoming and made me feel right at home." Whether you are on holiday or looking for a temporary workout spot during challenging times, the CrossFit community at CFA is known for its warm and friendly environment.

State-of-the-Art Facilities

The facility itself is spacious and well-prepared for challenging workouts. Guests have appreciated the ample space and variety of equipment, including the Myzone heart rate tracking system. This feature adds a layer of motivation and helps you push yourself further during workouts. Many have noted, "the gym is super clean and organized," with separate areas for cardio and strength training, enhancing the overall experience for all members.

Exceptional Coaching

The coaching staff at CFA has garnered rave reviews for their expertise and enthusiasm. Coach Henry, in particular, stands out for his ability to motivate and engage participants. Attendees have noted his clear instructions and supportive approach, making workouts both enjoyable and challenging. The commitment of the coaches to the members' fitness goals creates a positive atmosphere that keeps people returning.

Joining CrossFit Acadiana

If you're considering joining a gym, it's worth noting that ****membership is required**** to fully immerse yourself in the CFA community. The benefits of being part of this supportive network are profound—many members report feeling more motivated and inspired by their peers. As one visitor remarked, "if I join a gym (any type), it will be this one!"

Conclusion

CrossFit Acadiana in Lafayette, Louisiana, is more than just a gym; it's a community that embraces everyone, regardless of fitness level. With top-notch accessibility features, exceptional coaching, and a supportive atmosphere, CFA is the ideal place to start or continue your fitness journey. Whether you're a local or just passing through, you'll find a home away from home at CrossFit Acadiana.

You can visit us at the address:

401 E Cypress St, 70501 Lafayette, Louisiana - United States (US)

The phone of the mentioned **Gym** is [+1225-810-6134](tel:+1225-810-6134)

And if you want to send a WhatsApp, you can do so at [+1225-810-6134](https://www.whatsapp.com/business/profile/12258106134)

Our opening hours are:

Day Hours

Monday

Closed

Tuesday

5-6?AM 8:30?AM-12?AM

Wednesday

12-9:30?AM 12-1?PM 4:30-6:30?PM

Thursday

5-6?AM 8:30-9:30?AM 12-1?PM 4:30-6:30?PM

Friday

5-6?AM 8:30-9:30?AM 12-1?PM 4:30-6:30?PM

Saturday

5-6?AM 8:30?AM-5:30?PM

Sunday

9-10?AM

The website is [CrossFit Acadiana](http://CrossFitAcadiana.com)

If necessary to modify any detail that you think is not accurate concerning this page, we kindly request deliver a message so we can we will handle it quickly. With anticipation thanks for your cooperation.

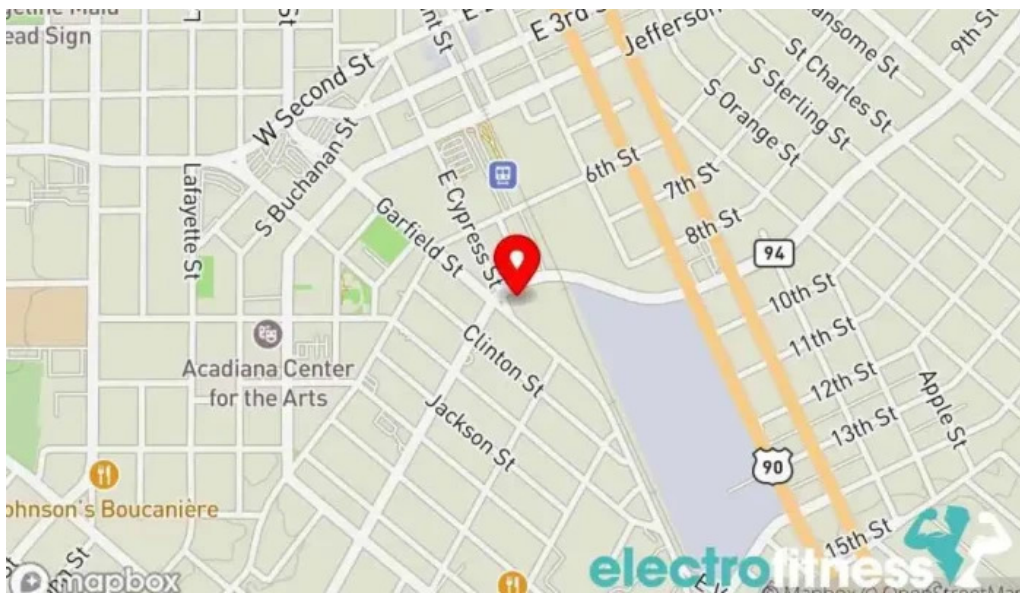
Images



Crossfit acadiana videos



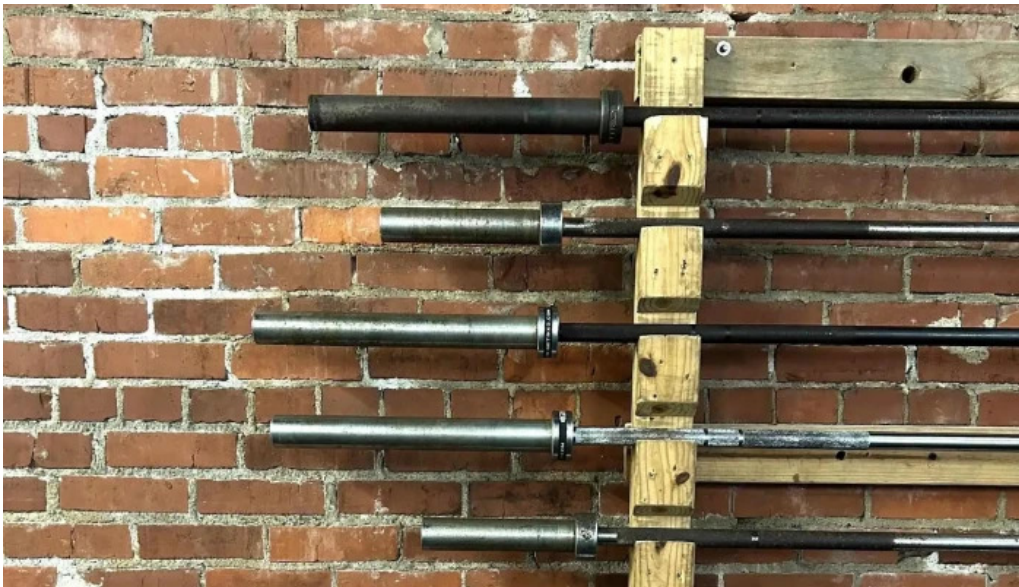
Crossfit acadiana street view 360deg



Crossfit acadiana map



Crossfit acadiana lafayette



Crossfit acadiana gym



Crossfit acadiana by owner



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Tags

Wheelchair-accessible entrance, Planning, Membership required, Accessibility, Wheelchair-accessible car park

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