

# CFBA

## crossfit blue ash



JULY 2014



Thanks to all those who participated in "The Games Experience" with Graham Holmberg & Marcus Hendren last month!

### UPCOMING EVENTS:

- July 4<sup>th</sup>**      **4th of July WOD - 11:00 am ONLY**
- July 5<sup>th</sup>**      **No Yoga**
- July 12<sup>th</sup>**     **Women's Competition - 8:00 am**  
[CrossFit the Tracks](#)  
*Come out & support the CFBA ladies!*
- July 13<sup>th</sup>**     **Bike Ride - 10:00 am**  
 Loveland Bike Trail
- July 17<sup>th</sup>**     **Mobility & Margs with Dr. Bob**  
 5:00 - 7:00 pm
- July 25<sup>th</sup>**     **Reds Game - 7:10 pm**  
 vs Washington Nationals

**DON'T FORGET TO ORDER YOUR PROTEIN & FISH OIL!**



### UPDATES:



#### Interested in Jiu Jitsu?

Email Blake! We are hoping to get a small group of men and women together who are interested in learning more about the sport.

#### We've Expanded!

Thanks to those who helped with the reorganization of our space! We are loving all the extra room!

#### Level I Certification

Our very own Jon Linsenmann is headed to Columbus July 12-13<sup>th</sup> to get his LI Cert. Good luck, Jon!

### ATHLETE OF THE MONTH: JOSH HAGEN

**Member since:** November 2013

Because of his consistent attendance, disciplined work ethic, and positive attitude, Josh is July's Athlete of the Month!

**What's Josh's favorite part of CrossFit?** "NOT BURPEES! The strength part."

**Thanks for all your hard work, Josh!**



### SUMMER PALEO RECIPE: WATERMELON MOJITO SALAD

#### INGREDIENTS:

- 3 c. watermelon, cubed
- 1.5 c. cucumber, cubed
- 2 tbsp. sliced mint leaves
- 1/4 c. lime juice
- Zest of 2 limes
- 1 tbsp. olive oil
- Cut rind off of watermelon & peel cucumber, dice into cubes.
- Roll mint leaves lengthwise & slice thinly.
- Combine melon, cucumber & mint in large bowl.
- In smaller bowl combine lime juice, lime zest, olive oil, and salt & pepper to taste.
- Shake or stir dressing and pour over watermelon & cucumber.
- Enjoy!