

CFBA

crossfit blue ash



AUGUST 2014

UPCOMING EVENTS:

- Aug 2nd** **Yoga with Mel** 1:30 pm
\$3 members / \$5 non-members
- Aug 8th** **Member Appreciation Grill Out**
6:00 pm
- Aug 14th** **Mobility & Margs**
5:00 - 7:00 pm
- Aug 23rd** **Pool Party @ Rebecca's**
306 Country Trace Dr.
Harrison, OH 45030
7:00 pm
- Sept 13th** **31 Heroes WOD** 10:00 am
\$31/person



More pictures from the photo shoot to come soon!

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



ATHLETE OF THE MONTH: RYAN CHAMBERS



Member since:
January 2014

What's Ryan's favorite part of CrossFit?

The friends he's made, but "not the workouts," he said with a smile!

THANKS FOR COMING IN EVERY DAY & GIVING IT YOUR ALL, RYAN!

UPDATES:



Jiu Jitsu

Stay tuned! Blake is working on getting mats and coordinating with the coach on class costs and times.

New site!

This month we will be launching our new website! ALSO: Remember to comment on each day's blog post with your workout results! This is a great way to track your progress and see where you stand compared to other members!

Women's Comp

Great job to all the women who competed last month & to Melissa for placing 6th! Way to go ladies!

HYLETE

CFBA is now powered by Hylete which means we receive 20% off FOR LIFE!

Use promo code **CFBLUEASH25** for an additional 25% off!

2014 CROSSFIT GAMES WINNERS

MEN

Rich Froning
Matt Fraser
Jason Khalipa



WOMEN

Camille Leblanc-Bazinet
Annie Thorisdottir
Julie Foucher



TEAMS

CrossFit Invictus
CrossFit Conjugate
Crossfit Marysville