

CFBA

crossfit blue ash



SEPTEMBER 2014

NEVER FORGET

HONORING THOSE WHO SERVE

WORKOUT TO REMEMBER

31

HONORING THOSE WHO SACRIFICE

HEROES

The WOD

31 Minute AMRAP

- 8 Thrusters (155/105#)
- 6 Rope Climbs (15 ft. ascent)
- 11 Box Jumps (30"/24")



This is a Partner WOD - Partner #1 will perform the work listed to the left. Partner #2 will run 400m with a sandbag (45/25#). Once Partner #2 returns from the run, Partner #1 will grab the sandbag and begin their 400m, while Partner #2 continues work wherever #1 left off.

Score is your total # of reps

WOD TO REMEMBER

Proceeds go to the families of fallen military heroes and active duty families.
DONATIONS GREATLY APPRECIATED!

HYLETE

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

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

UPDATES:

Brazilian Jiu Jitsu

Hopefully starting first Thursday of September! Teacher will be friend of Blake's, Jake Vance. Cost for 12 classes is \$120. Get money to Dani or Blake ASAP - need to purchase mats before classes can begin! Men AND women welcome!!



Welcome Jon!

After getting his Level I Cert in July and displaying great technique and passion for the sport, CFBA has asked Jon Linsemann to join their team of coaches!

Challenge Yourself!

We encourage each of you to find a competition and compete. No matter what your skill level may be, it's nice to see where you compare to athletes in other gyms!

Don't Forget...

See Dani if you don't have your own RX jump rope - placing group order soon!



Keep in Mind

Dani will be hosting a gym bon fire at her farm this Fall. Keep your schedules open!

UPCOMING EVENTS:

Sept 13th **31 Heroes WOD**
9:00 am
\$39/person
Register at eventbrite.com!

Sept 20th **Volunteer Run**
Leaving at 1:00 pm
Matthew 25 Ministries

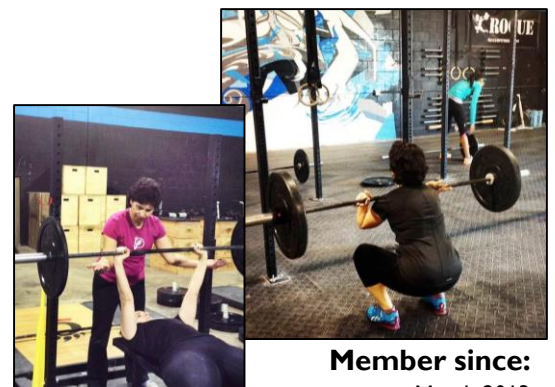
Dec 13th **Christmas Party**
6:00 - 9:00 pm
\$42/person
Art of Entertaining
**Includes 6 courses, 3 drink tokens & an interactive culinary experience. You won't want to miss this!



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



ATHLETE OF THE MONTH: MARIA NICHOLS



Member since:
March 2013

Why did Maria start CrossFit?

Her son is a CrossFitter out of state & she wanted to try!

**YOUR STRENGTH AND FLEXIBILITY HAVE IMPROVED TREMENDOUSLY!
WAY TO GO, MARIA!**