

CFBA

crossfit blue ash



OCTOBER 2014

UPCOMING EVENTS:

- Oct 1st** **Paleo Challenge**
Through Thanksgiving
With all the hard work you put in at the gym,
might as well try! If you need tips or reading material
– see Dani!
- Oct 15th** **Outdoor WOD** – weather permitting
At the soccer field on Cornell & Deerfield!
- Oct 17th** **Haunted House**
7:30 pm
St. Rita's on Glendale-Milford

- Oct 29th** **HalloWOD & Paleo Potluck!**
Yes, costumes are required!
Potluck sign-up sheet in office.
- 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!



Dr. Hall will be giving FREE assessments this Thursday evening starting at 5:30, last appointment at 6:20. Injury evaluation and/or mobility issues can be addressed!



HYLETE

CFBA is powered by Hylete which means we receive 20% off FOR LIFE!
Use promo code CFBLUEASH25 for an additional 25% off!

This month's coaches meeting went great! Your coaches Blake, Dani, Matt, Jon, & Katherine (CF Kids) are collaboratively working to strategize the best programming & create a positive atmosphere for you all!

Please submit comments & concerns in the new suggestion box by the restrooms!

UPDATES:

Brazilian Jiu Jitsu

Training has officially begun! Coach Jake is teaching Thursdays 5 – 7 pm and Saturdays at 3 pm. See Blake with any questions. Challenge yourself and always be open to trying new sports & activities!



Time to Compete!

CrossFit the Tracks is hosting another competition November 8th, 2014!

BARBELLS & BACON! 2-person teams: M/M, F/F, M/F. \$100/team.

Registration ends October 31st! – Don't be afraid to get out there and see how you compare with other athletes in the area!

New Website

The new site will be going live this week!! Be sure to check it out and start posting your times and scores on the new WOD Blog!



Fall Shirts

New three quarter length shirts are in!
Get yours today! \$25



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

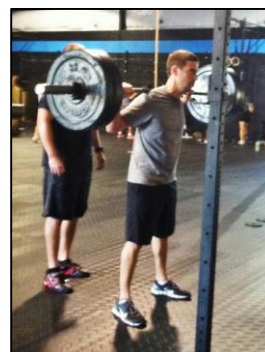


ATHLETE OF THE MONTH: JOHN NEAL

Member since:
March 31, 2014

What does John think about CrossFit?

"Soreness has just become the norm of life!"



THANKS FOR ALL YOUR DEDICATION AND HARD WORK, JOHN!