

# crossfit blue ash



NOVEMBER 2014



## UPCOMING EVENTS:

**Through Thanksgiving** **Paleo Challenge**  
*Great job to everyone who has stuck with it! Keep up the good work & don't forget to turn in your numbers to Dani at the end of every week!*

**Nov 8<sup>th</sup>** **Barbells & Bacon**  
9:00 am – 4:00 pm  
CrossFit the Tracks  
*Come out and support Ian, Chris, Katie, & Melissa!*

**Dec 6<sup>th</sup>** **Winter Rendezvous 2014**  
Hoosier CrossFit – Bloomington, IN  
MM/FF/MF - \$150  
*Cash Prizes! – Time to compete!*

**Dec 13<sup>th</sup>** **Christmas Party – REGISTER!!!**  
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!**



## Thanksgiving Holiday Schedule

Thanksgiving Day, 11/27 – CLOSED  
11/28 – Open Gym 9:00 – 11:00 am  
11/29 – Open Gym 9:00 – 11:00 am  
11/30 – CLOSED



## HYLETE

CFBA is powered by Hylete which means we receive 20% off for life. Use **CFBLUEASH25** for an additional 25% off!

## UPDATES:

### Schedule Change

There have been a few changes to the current Saturday class schedule:

Member WOD: 9 am  
Community WOD: 10 am  
Jiu Jitsu: 1:30 pm



### Special Thanks!

Thank you to all the members that mention CFBA on social media! You are a huge help in supporting our small business and helping us grow! We appreciate you!

### New Website

Make sure you create a member profile on the new site and are posting your WOD times on the blog! This is a great way to track your progress!

### Great Job, Joel!

Shout out to Joel for sticking with it and finishing the Burpee Challenge! Proud of you, buddy!



## ATHLETE OF THE MONTH: KATIE TOKAR

Member since:  
July 2014

**EVERYONE SHOULD ALSO WELCOME KATIE AS CFBA'S NEWEST COACH!**

