

CFBA

crossfit blue ash



DECEMBER 2014

UPCOMING EVENTS:

- Dec 6th Winter Rendezvous 2014**
Hoosier CrossFit – Bloomington, IN
MM/FF/MF - \$150
Cash Prizes! – Time to compete!
- Dec 6th Baker Health Talk**
Community WOD 10:00 am
Talk 11:00 am
- Dec 10th Giving Tree Gifts DUE**
Bring in gift bag with tissue paper and ornament attached. #helpakidout
- Dec 13th Christmas Party – SIGN UP ALREADY!**
6:00 - 9:00 pm @ The Art of Entertaining
\$42/person
**Includes 6 courses, 3 drink tokens & an interactive culinary experience. You won't want to miss this!
- Dec 20th Jingle Bell Competition**
Friendly comp with CrossFit The Tracks
- Jan 17th No Baby, Leave the Socks On Comp**
At CFBA!
Ladies sign-up to compete, fellas sign up to judge!



Christmas Holiday Schedule

- 12/24 Open Gym 9-11 am
12/25 CLOSED
12/26 CLOSED
12/27 Open Gym 9-11 am
12/28 CLOSED
12/31 Class at 6 & 10 am, Open Gym 11/1



November Coaches Workshop



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



UPDATES:

Gift Certificates – Now available in any increments! Give your family and friends a gift that will change their lives!

Jiu Jitsu

It's never too late to sign up! Join Coach Jake and Blake on Thursday's and Saturday's at the gym!



PR/Goal Board

Be sure to post your monthly goals on the new dry erase board! Let's get strong together!



HYLETE

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

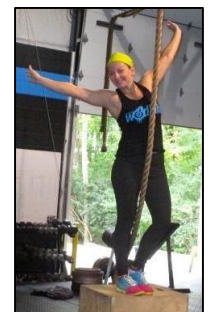
"The real difference came to me with the paleo challenge. Not only did it send my weight lost into overdrive, but I have really been educated a lot about a healthy lifestyle. It's helped me realize how important things like the proper amount of sleep really are." -Jason

ATHLETES OF THE MONTH:

PALEO JASON RICE & BRIANNE BUTLER



Jason lost 24 lbs!



Brianne lost 13 lbs!

CONGRATS TO BOTH OF YOU FOR WINNING THE PALEO CHALLENGE!