

CROSSFIT BLUE ASH



JANUARY 2015

UPCOMING EVENTS :

- Jan 17th** **No Baby, Leave the Socks On Comp**
At CFBA!
Ladies sign up to compete, fellas sign up to judge!
- Jan 31st** **2 Year Anniversary Party**
At CFBA - 7:00 pm
Bring a snack to share, CFBA to provide the keg!
- Feb 27th** **Cyclones game**
US Bank Arena - 7:30 pm
\$12/person



Christmas Party Crew
Art of Entertaining

HYLETE

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



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



UPDATES :

Babysitting — **ATTN Mom's and Dad's**
Starting this month, CFBA will be offering babysitting services MWF 6-7 pm. No more excuses! Get in the gym! **WE STILL NEED VOLUNTEERS!** For the love of kids...



Olympic Lifting Classes — Coach Blake will be teaching an OLY class on Saturday's 11 am - 12 pm for those athletes wanting to improve their Olympic lifting skills. See Dani for questions regarding your monthly dues.

Barbell Blitz — Come out and cheer on Team CFBA at NewCov on January 24th. Jon, Chris, Ian, Katie, Andrea, & Jackye are representin' for our box. Show your support!

Facebook & Social Media — If you aren't already a part of CFBA's group on Facebook, be sure to join! We are always posting articles and events. It's a great way to keep you updated. Please also share our page with others! You guys are our best marketing tool!

THANKYOU! — A special thanks to all those who came to the Christmas Party last month. You guys are what make this gym what it is. We truly appreciate you and your passion for fitness!

ATHLETE OF THE MONTH :

David Poh

This 6 AM-er with a family always makes his workout a priority!

Member Since:
December 2013



THANKS FOR ALL YOUR HARD WORK, DAVID!