

CrossFit Blue Ash



FEBRUARY 2015

VOTE CFBA FOR BEST CROSSFIT GYM IN CINCINNATI!

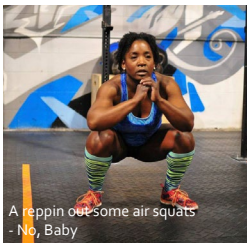


<http://cincinnati.cityvoter.com/crossfit-blue-ash>



Jon, Katie, Ian, Jackye, Andrea, Chris - Barbell Blitz 2015

Becca during the clean and jerk - No, Baby



A reppin out some air squats - No, Baby



Katie Tokar - First place at No, Baby

UPCOMING EVENTS :

Feb 14th

Valentine's Day Massacre

CrossFit Conjugate - 8 am - 5 pm

Come out and support Jon and Katie as they compete as a team!



Feb 21st

Injury Prevention Clinic

CFBA - 10 am

Feb 26th

Mobility & Margs with Dr. Bob

5:30 pm

Mar 14th

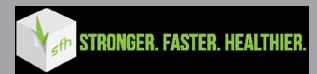
Cyclones Game - **DATE CHANGE**

US Bank Arena - 7:30 pm

\$12/person



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



UPDATES :

CROSSFIT OPEN - Sign up for the Open at games.crossfit.com. Join team CFBA and see where you rank against every crossfitter out there! \$20/person. Workout 15.1 is released on 2/26. **Register NOW!**

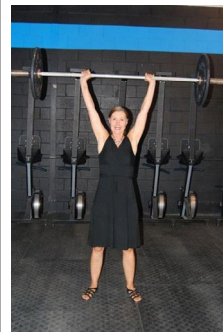
Babysitting — Every Mon-Wed-Fri we're offering childcare from 6-7 pm! CFBA members are volunteering to watch your children, don't pass up this opportunity to get in the gym! \$20/month.

Olympic Lifting Classes — **Reminder:** Coach Blake is teaching OLY classes Saturday's 11 am - 12 pm for those athletes wanting to improve their Olympic lifting skills. See Dani for questions regarding your monthly dues.

Comps — Congrats to all who competed last month! Katie placed first at the *No, Baby* comp and first **IN THE COUNTRY!** Team CFBA took home 7th at *Barbell Blitz!* Thanks to everyone who competed, volunteered & supported!

ATHLETE OF THE MONTH :

DEB JACKSON



Deb is dedicated and consistent. She can be found at the gym on a Saturday partnering with a newb, telling them "You can do it!" Deb is a great example that you CAN CrossFit at any age!

Member Since:

January 2010 (CrossFit 513)



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