

CrossFit Blue Ash



MARCH 2015

VOTE CFBA FOR BEST CROSSFIT GYM IN CINCINNATI!



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

UPCOMING EVENTS :

Mar 2nd **Dress for Success Donation**
Attention Ladies: Bring in your gently used clothes before 3/2 to donate to women in need in our community!

Mar 14th **Cyclones Game**
US Bank Arena - 7:30 pm
\$12/person



Mar 28th **Bod Pod**
at CFBA - Appointments start at 9:00 am
\$20/person - Be sure to sign up!

Apr 18th **Festivus Games**
at Power Performance - 7:00 am
Comp for new & intermediate athletes only
Registration required!



Congrats to Jon and Katie for 3rd place at Conjugate's Valentine's Massacre!

DON'T FORGET TO ORDER YOUR PROTEIN & FISH OIL



REFERRAL PROGRAM!

Get half off your next month when a friend signs up for a 3 month agreement!

UPDATES :

ATTENTION — Due to lack of interest, CFBA will no longer offer open gym from 11-1 Mon-Fri. However, we are offering a \$10 rate for those interested.

Contact Blake (239-728-7747) or Dani (513-383-5561) 24 hrs. in advance

CrossFit Open — The Open is going on now through the end of March! Don't forget to submit your scores at games.crossfit.com.

Babysitting — Every Mon-Wed-Fri we're offering childcare from 6-7 pm! \$20/month.

Olympic Lifting Classes — Coach Blake is teaching OLY classes Saturday's 11 am - 12 pm for those athletes wanting to improve their Olympic lifting skills. See Dani with pricing questions.



ATHLETE OF THE MONTH :

CHRIS WEST

Chris has been a CrossFit athlete for years now. He has always shown dedication, but especially lately he has been stepping it up. Chris is always consistent and stays positive! Thanks for being an example and always having a smile on your face!

Member Since:
CrossFit 513



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