



C F B A CROSSFIT BLUE ASH

HELP US OUT!
DO CFBA A FAVOR BY REVIEWING US/
BLAKE ON YELP AND GOOGLE+!
WE ARE ALWAYS LOOKING FOR FEEDBACK!

ATHLETE OF THE MONTH:

NIKKI SWIDARSKI



Nikki has been a dedicated member of CFBA for a few years now. She is consistent and always working to make PR's and improve her lifts. Not only is Nikki a hard worker, but she is a staple to our CFBA family. She always has a smile on her face and loves encouraging other members! Thanks for being you, Nikki!

UPCOMING EVENTS:

Nov 14th	VOA Games Come out & support our CFBA teams competing!
Nov 22nd	Gym Cleaning 1 pm
Dec 5th	Christmas Party At the Art of Entertaining 6-9 pm

Community WOD: Currently our community WOD's are on hold through the Fall. With football season upon us, we have seen attendance drop. However, this does not mean they are gone forever. Get with Blake if you have questions.

Paleo: Congrats to all those who participated in the Paleo Challenge! Winner to be announced later this week!

Christmas Party: Due to the popularity of the location of last year's Christmas party, we have decided to host it again at The Art of Entertaining in O'Bryonville. Tickets are \$42. Please see Facebook for more details and to purchase tickets! Get yours soon! Limited tickets available.

Gym Cleaning: We are asking for volunteers to help CFBA with a deep cleaning this month! If you feel led to get your hands dirty and help out, we will be doing a deep gym cleaning on Sunday, November 22nd after open gym. 1 pm - ??? See Jackye for more details!



Our boys preparing for the VOA Games!



Alex Munoz with his first muscle-up!

ADDITIONAL CLASSES:

- **Thursdays:**
 - Strength Class: 5:30 - 7 pm
 - Jiu Jitsu: 5-7 pm
- **Saturdays:**
 - Members WOD: 9-10:30 am
 - Olympic Lifting: 11-12:30 pm
 - Jiu Jitsu: 1:30-3 pm



DON'T FORGET TO ORDER YOUR PROTEIN!



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RECIPE:

EASY PALEO CHOCOLATE CHIP COOKIES

Prep Time:
5 min.

Cook Time:
15 min.

Total Time:
20 min.

Recipe from:
Health Extremist

<http://www.healthextremist.com/paleo-chocolate-chip-cookies-recipe/>

Ingredients:

- 1 1/4 cups ground almond flour
- 1/8 teaspoon of salt
- 1/4 teaspoon of baking soda
- 1/4 cup of raw honey or 1/4 cup mashed banana
- 2 teaspoons of water
- 1/8 cup of coconut oil (or olive oil)
- 1/4 cup of dark chocolate chips

Instructions:



1. Mix all ingredients into a large bowl.
2. Place on cookie sheet and put in the oven at 325 degrees.
3. Bake for 10-15 minutes.
4. Enjoy!

NOW SELLING:



COACHES SPOTLIGHT:

Our beloved, "Dr. Bob" has many services available to all members of CFBA! If you are ever feeling any discomfort, become injured, or even want to prevent injury, we suggest getting with Dr. Bob to help work out those kinks or to provide you with a rehab plan.

What Dr. Bob can offer you:

- Joint manipulation
- Joint mobilization
- Kinesiotaping
- Manual therapy with massage, myofascial, PNF, and active release-type techniques
- Therapeutic ultrasound & electrical stimulation
- Rehabilitation protocols
- Movement analysis & restoration

REFERRAL PROGRAM

GET A \$50 BILL IF YOU SIGN UP ONE NEW MEMBER FOR A FULL PRICE MEMBERSHIP. SEE BLAKE WITH QUESTIONS!

ON-RAMP:

Sorry to be changing this on you yet again, but On-Ramp classes are back to Monday, Tuesday, and Wednesday's at 6 pm. If you know anyone who is interested in trying out CrossFit, send them our way! Contact the email or number on our site!

CHECK OUT:



**CFBA IS POWERED BY HYTELE WHICH MEANS WE GET 20% OFF FOR LIFE!
USE CODE: **CFBLUEASH25** FOR AN ADDITIONAL 25% OFF!**

