

CROSSFIT FLAGSTAFF NEWS

Changing the world one life at a time...

UPCOMING EVENTS

11/15 Free Saturday

10am kids and adults,
11am adults

This is your opportunity to show people what goes on here at CrossFit Flagstaff. If you have friends and family that just can't understand why you participate in CrossFit, this is your chance to bring them in and show them what they are missing out on.

11/19 Paleo Cooking Class

Tara and Lindsay will be hosting a cooking night. You will be given some tip on how to cook for the week in one day and still have plenty of variety. The cost is \$10. You will be provided with lots of samples.

11/21 Friday Night Throw Down

There will be a \$10 buy-in for a one-workout throw down. Everyone is welcome. The Pot will be split between the female winner, the male winner, and a raffle winner. Each participant will be entered into the raffle drawing. If you don't want to throw down, come and hang out and cheer people on.



CrossFit Fury Team Competition

Furious 7 - November 8, 2014

CrossFit Flagstaff had 13 two person teams represent our gym at the 7th annual CrossFit Fury Competition on Saturday November 8th in Goodyear. Each team completed 4 work outs plus a floater WOD through out the day. (See team list below) Every single athlete did a stand up job.

This competition is one of my favorites in the AZ CrossFit community, not only because it is a well run event, but because of the team work and camaraderie it brings out in



UPCOMING EVENTS Cont.

11/26 Thanksgiving WOD and Brunch

Tara and Steven will be hosting a Thanksgiving workout at 9am. It will be followed by a potluck brunch at the gym. If you don't have a family engagement, come and hangout with your CrossFit family.

12/2 Bye Bye Party Zach and Rachel

Bring some beverages and meat and join us to celebrate the new chapter in Zach and Rachel's life. Party will start at 6ish.



12/5 Art Show

CrossFit Flagstaff has many talented artists among it's members and we would like to give anyone interested the opportunity to display and sale their art during happy hour(s) on Friday December 5th. If you have things to display let Lindsay or Tara know.

everyone. I was proud to be wearing CFF Fire Orange along side each and every CFF athlete. They represented themselves and our gym with great attitudes, solid movement and competitive yet friendly community that I am proud and honored to be a part of. Justin and Steven placed 7th after the 5 WOD's and got to compete in the finals. David W and Tarrin won the Dumbbell Ground to Overhead Event with 72 reps in two minutes, while Brooke took the women's fastest time of the day on the climbing wall event. THANK YOU and CONGRATS on such a Strong Showing all around!

Women's Teams: Lindsay/Tara, Heather/Jimena, Brooke/Krystin, Kristin/Danielle, Chelsey/Megan, Katie/Amanda W.

Co-Ed Teams: Chris/Virginia, Zach/Rachel

Men's Teams: Justin/Steven, Tarrin/David W., Kevin Lee/Dave O., Brodie/Kenny, Jonas/John S.

Tell Your Friends, Family, and Co-Workers

CrossFit Flagstaff will be offering intro-sessions in a group format. If you have 5 friends that would like to start together they can Save \$50 on their intro sessions. They will complete all sessions together with a trainer. If you have 1 friend that would like to experience the same savings we will be offering an on-ramp class that starts December 1st. It will meet Monday-Thursday from 5:30-6:30 am. All sessions will be complete by December 11th and attendees will be cleared for class participation. Share your love for CrossFit with everyone you know.

Projects on the Horizon

THE TIMELINE PROJECT

History is important at CrossFit Flagstaff. We have archives of whiteboard photos and workout pictures. It is essential to look back and realize where you have been and celebrate how far you have come. With the community being the center of our mission at CrossFit Flagstaff we want to celebrate you and display the history of the community in the Third Space. We are going to create a timeline of membership. We would like to take a Polaroid picture of you to place on the timeline. When did your CrossFit journey begin? Stay tuned for picture day dates.

THE BATHROOMS

It is time for a bathroom renovation. We will be repainting and taking care of the water damage above the showers. Be patient with us as we work to complete this project. The bathrooms in the Third Space are available for your use as well. As we complete this renovation we will be moving to paper towels as opposed to the hand towels that we use now.

Please keep the environment in mind and use only what is needed.

PLATFORMS

The platform project is finally going to be kicked off. There are 3 platforms remaining for sale. If you are interested in designing a platform the cost is \$75 dollars. We will provide you with the paint and the space to create your masterpiece. Let Lindsay know if you are interested in participating.

Your Opinion Matters

The staff at CrossFit Flagstaff holds your opinion very highly. We are dedicated to providing a superior experience. We work hard to grow as coaches and athletes continually. With that being said we would ask that you take a minute and complete the survey that can be found by following the link below. Many of the questions are about class times and offerings with simple multiple-choice answers. Let us know what works best for your schedule. We also provide an open response section where you can tell us how we can improve our coaching and business practices. Please provide us with your opinion so we can continue to improve and grow. If you like what we are doing you can tell us that too.

<https://www.surveymonkey.com/s/N6CHV3V>

