

NOVEMBER 2018

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GYM REMINDERS

RSVP to classes and CHECK IN before every class.

The Savannah Bridge Run is happening December 1st and we have a team! Sign up at www.savannahbridgerun.com and choose 'Groundspeed Gang.' We have a diverse group and all ability runners are welcome!

FINALLY! We have been dying for months in the dreadful heat of summer. Finally, we have some cool, crisp air in which to crush our WODS! However, with fall comes illnesses. Please wipe down all equipment, and stay home if you or your family is sick! Keep the gym awesome by protecting our wellness!

HUSTLE FOR THE MUSCLE

Official customer newsletter of Crossfit Groundspeed



CROSSFIT GROUND SPEED SCHEDULE UPDATES

Crossfit:

Thanksgiving Hours:
November 22nd & 23rd:
10 am class only

Gobble Games:
November 17th

Savannah Bridge Run:
December 1st (all
Saturday classes
cancelled)

Christmas Party:
December 14th

Kids:

Starting December
3rd, all kids classes
will be Monday-Friday
(no Saturday classes)

Bootcamp:

November 21st: 5:30 class is
cancelled
November 22nd and 23rd:
no classes

'ATTA BOYS' AND KUDOS

PR SUPERSTARS

Eric: 135kg Power Clean
Javier: 1st Muscle-Up
Christian: 2 HSPU / HS Walk
Craig W.: 14 ft. Handstand Walk
Derek M: 100 kg. Power Clean
Sha Cela: Bar Muscle-Up
Tori: 100 Unbroken DU's
Melissa: 40kg DL
Jimmy: 4 UB Bar MU's
Donald: 30 UB butterfly PU's
Jackson R.: 5 UB Ring MU's
Jose: 100kg Front Squat
Kiley: First Class completed
Marija: 1st rope climb
Mary: 40 kg. Jerk

COMMITTED CLUB

The athletes with the most check-ins this month!

1. Misty Ranew
2. Katie Cribbs
3. Mary Figuereo
4. Wendi Mckenzie
5. Emily McClure
6. Ekagra Verma
7. Kristen Finlen
8. Elisabeth Jenkins
9. Lyla Lee
10. Andrew Randolph

WELCOME

NEW MEMBERS

Daileen Genier	Orvil Ray
Sabrina Wallace	Josh Winans
Marcus Zahrt	Elizabeth Alridge
Hannah Decker	Jason Tulowitzki
Tonya Decker	Jana Smith
Ryan Flood	Genefer Graham
	Courtney Werts

HAPPY
BIRTHDAY



Wendi Mckenzie	LeAnn Chavis
Matt Morris	Tim Cooper
Bob LeFavi	Katie Cribbs
Chris Doten	Megan Bosworth
Jason Tulowitzki	Tiffany Berberovich
Marija Beardsworth	Alex Ellwood
Zane Bell	Amanda Holbrook
Ashley Bendimire	Shalon Cela
Darcy Giaquinto	

"TAKING THE BULL BY THE HORNS"

ATHLETE SPOTLIGHT

Elyse Yevah



Elyse says: "CrossFit, for me, has been a way to incorporate my gymnastics /cheerleading background and give me a structured, varied program to keep me entertained with new WODs to obtain the ultimate goal...a BUTT!!...I'm currently obsessed how muscles work and healthy benefits for maximizing workouts! No luscious booty yet, but I'll get there."



Coach Eric says: "Just in the month of October, Elyse got her first Handstand Push-Up AND Muscle-Up, as well as progressing in my other ways. This is due to her consistency over the last six months and her willingness to try new things."



MOVEMENT OF THE MONTH

Air Squat

From a standing position, lower your body using knee and hip flexion until the crease in your hips rests lower than your knees. Return to the starting position by standing, extending the knee and hip joints. Safe and efficient technique requires the weight to stay in the heels, the knees out to a position equal to, or wider than the toes, and the spine as neutral as possible.

