

# CROSSFIT SOLAFIDE NEWSLETTER

April 2019

SPRING IS IN THE  
AIR!



We are so glad to finally see Spring temperatures! We are holding two spring specials!

Starting April 1 - June 1:

New Members - Buy Two Months Unlimited and Get One Month Unlimited FREE!

New & Existing Members - Refer three New Members and get \$20 off your next month! Refer six new members and get your next month FREE!

SATURDAY  
SCHEDULE CHANGE!



Starting in April, our Saturday Schedule is changing! We are combining the 9:00 AM and the 10:00 AM class, and it is still FREE TO THE PUBLIC!

8:00 AM - Endurance WOD  
9:00 AM - Community WOD -  
Programmed by Head Coach Joe B  
Coached by Coach Justin Karls  
9:00 AM-11:00 AM - Olympic  
Weightlifting  
10:00 AM-12:00 PM - Open Gym

# CROSSFIT KIDS SUMMER CAMP!

# CrossFit

# K I D S

## FORGING THE FUTURE OF FITNESS

Coach Katie Clemmons and Coach Kimberly Beasley will be holding a CrossFit Kids Summer Camp Monday June 3-Thursday June 6 from 12:00pm-2:30pm. Open to ages 5-12 years old. Structure will be ice breaker/warm up, WOD, game, critical thinking/problem solving, and end with a fun water game! Pack some snacks and a water bottle because it is going to be HOT! Cost will be \$100 for all four days.

# MEMBER OF THE MONTH!

Danielle Leehy



- Where are you from? – Cleveland, Ohio. I moved away 17 years ago for the man of dreams!
- How long have you been doing CrossFit? – 10ish years
- What brought you to CrossFit SolaFide? – Well...funny story. I was one of Nicole Spitzack's first clients in her garage back in

2009. She took a leap of faith and opened CrossFit SolaFide! From the beginning this gym was/is built on community and faith.

- What do you love most about CrossFit SolaFide? – The foundation of our gym “community and faith alone.”
  - What are your hobbies outside of CrossFit? – Taxi cab service for the kids (wouldn’t change it for the world) and getting Lilly snacks!
  - What is something about you we might not know? – Um, I wipe down my kitchen counters 500 times a day.
  - Who is your superhero? – My husband, Jerry. He puts on a uniform and flies a pretty badass helicopter. Definitely superhero material!
- What is your favorite CrossFit movement? – Thrusters and WallBalls = total body WORKOUT!
  - What motivates or inspires you? – Showing my/our kids a healthy athletic lifestyle.
  - What is your best tip for new members to CrossFit Solafide? – Don’t do what Danielle is doing! Just kidding...Don’t have unreasonable expectations when you first begin and don’t compare yourself with everyone else.

# UPCOMING EVENTS!



Looking for a great local competition to be apart of? Join CrossFit Dunbar Cave Lab for their 2nd annual CrossFit competition, Battle at The Lab 2. This event has 4 divisions divided into 2 days. RX teams MM & FF on Saturday May 4th, and Scaled teams MM & FF on Sunday May 5th - Cinco De Mayo. Registration is LIVE! Check out their Facebook page for the link.

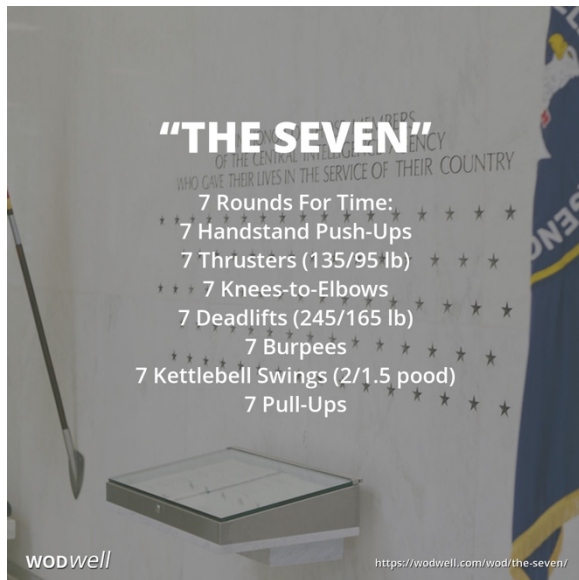
**1 MILE RUN**  
**100 PULL-UPS**  
**200 PUSH-UPS**  
**300 SQUATS**  
**1 MILE RUN**  

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**"MURPH"**



Monday, May 22, 2019 we will hold our annual Memorial Day Murph Wod. In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005. This workout was one of Mike's favorites and he'd named it "Body Armor". From here on it will be referred to as "Murph" in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.



Thursday, July 4, 2019 we will be doing "The Seven" Hero WOD. A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on December 30, 2009 after posing as a potential informant reporting on Al Qaeda. Seven new stars were etched onto the memorial wall at the CIA where every star represents grieving friends, family, and colleagues dedicated to fight against the enemy, forever in their name. Killed in the attack were CIA officers Jennifer Lynne Matthews, Scott Michael Roberson, Harold E. Brown Jr., Darren LaBonte, Elizabeth Hanson, and security contractors Jeremy Jason Wise, and Dane Clark Paresi.



SEASONS BEATINGS IS BACK AND BIGGER THAN BEFORE!

Seasons Beatings will be October 5-6, 2019. Two person teams. Same sex and Co-ed. Scaled and Teens divisions on Saturday, October 5<sup>th</sup>. RX and Masters divisions on Sunday, October 6<sup>th</sup>. Early Bird Registration opens June 16, 2019 - \$125 per team! Registration increases August 1, 2019 - \$175 per team! Mark your calendars now!

# APRIL BIRTHDAYS!



Don Bowen - April 2  
Trey Daniel - April 2  
Marc Rice - April 2  
Jarrod Duncan - April 4  
Kemal Pinio - April 4  
Haley Jones - April 5  
Michael Cox Jr. - April 6  
Lauren Conant - April 7  
Jackson Munoz - April 7  
Daniel Price - April 7  
Starlit Stoltz - April 7  
Kurt Merrell - April 8  
Alex Kahihikolo - April 10  
Thom Spigner - April 13  
Avianna Dismuke - April 14  
Tanya Neill - April 15  
Miranda Ruta - April 18  
Kristopher Reed - April 21  
Callahan Lenarz - April 22  
Liam Fitzpatrick - April 23  
Christopher Willis - April 25  
Lacie Allen - April 26

Shaun Robertson - April 27  
Crystal Peters - April 30

## In Other News...



For those members who don't have Facebook or Instagram, all of our upcoming events, announcements, and newsletters will be posted on the CrossFit SolaFide website! We also post the WOD daily. Don't forget to head over and check it out from time to time! <http://crossfitsolafide.com/>