

CROSSFIT SOLAFIDE NEWSLETTER

FEBRUARY 2020



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NEW YEAR, NEW OWNER, SAME GREAT GYM!

As Many of you have heard, one of our beloved coaches, Camie Green, will be taking over ownership of CrossFit SolaFide beginning February 1st, 2020. Please join us as we welcome this change with an open mind and a caring heart. There are many great things to come for CrossFit SolaFide in the near future. Below is a letter from Camie:

“Happy New Year CrossFit SolaFide! As many of you may have heard, I will be taking the reins of SolaFide ownership February 1, 2020. I became a member of SolaFide in the spring of 2012 when I began to look for something more than

just the mundane running/toning routine at the local gym. It was also a time of loneliness and life change for me with my children growing up and my husband changing careers. The philosophy and community of CrossFit helped me get through those difficult years in a way that has made SolaFide very special to my heart. I have always had a passion for “functional fitness”. CrossFit defined it and brought it to life. In 2014 I earned my LV1 and have been coaching ever since.

January 1, 2020 I will also be taking ownership of Always Strong Fitness-CrossFit Clarksville. The vision for both entities is to bring functional fitness to all populations of Ft. Campbell and the city of Clarksville...to empower the competitive athlete as well as the 80 year old that just wants to keep his/her independence. At some point in the near future, we will be offering a dual membership for both gyms to broaden your choices of class times and programming. Please feel free to talk to me or any of our coaches at any time about your concerns and desires as a customer and athlete. Our goal is to provide you with a fun, professional, and state of the art workout experience.

A little bit about my family...I have two adult children. Alexa and her husband, Christian, work and live here in Clarksville. Mitchell is stationed with the 101st here at Ft. Campbell. My

husband and I came to Ft. Campbell back in 2002 where he served as a flight surgeon with 160th. He was an infantry officer in a former life, got out of the army, went to med school, got back in, served, got out, started a business, and is currently a politician. We fell in love with the community of Clarksville and decided to make this our home seeking to serve the people here as God leads.

In the coming weeks, I look forward to communicating more with you about how we can improve our services. You are the reason we do what we do. All of us coaches love the spirit you bring to the table and we want to empower you to reach your goals.”



2020 GYM HOURS:

MONDAYS: 5:30am CrossFit (Coach: Heather), 7:30am CrossFit (Coach: Silvia), 9:00am CrossFit (Coach: Joe B), 9:00am Endurance (Coach: Camie), 10:00am CrossFit (Coach: Silvia), 11:00am CrossFit (Coach-Silvia), 3:00-5:00pm Open Gym (Coach: Gina), 5:00pm CrossFit (Coach: Angie), 5:30pm Beginners Weightlifting (Coach: Brittany), 5:30pm Endurance (Coach: Ann), 6:00pm CrossFit (Coach: Joe B)

TUESDAYS: 5:30am CrossFit (Coach: Jennie), 5:30am Endurance (Coach: Heather), 7:30am CrossFit (Coach: Heather), 9:00am CrossFit (Coach: Cortney), 10:00am CrossFit (Coach: Joe B/Cortney), 11:00am CrossFit (Coach: Silvia), 3:00-5:00pm Open Gym (Coach: Gina), 5:00pm Endurance (Coach: Camie), 5:30pm Weightlifting (Coach: Joe N), 6:30pm CrossFit (Coach: Joe B)

WEDNESDAY: 5:30am CrossFit (Coach: Heather), 7:30am CrossFit (Coach: Silvia), 9:00am CrossFit (Coach: Joe B/Kim), 9:00am Endurance (Coach: Camie), 10:00am CrossFit (Coach: Silvia), 11:00am CrossFit (Coach: Silvia), 3:00-5:00pm Open Gym (Coach: Gina), 5:00pm CrossFit (Coach: Angie), 5:30pm Endurance (Coach: Ann), 6:00pm CrossFit (Coach: Joe B)

THURSDAYS: 5:30am CrossFit (Coach: Jennie), 5:30am Endurance (Coach: Heather), 7:30am CrossFit (Coach: Heather), 9:00am CrossFit (Coach: Cortney), 10:00am CrossFit (Coach: Joe B/Cortney), 3:00-5:00pm Open Gym (Coach: Gina), 4:00pm Beginners Weightlifting (Coach: Brittany), 5:00pm Endurance (Coach: Heather), 5:30pm Weightlifting (Coach: Joe N), 6:30pm CrossFit (Coach: Joe B)

FRIDAYS: 5:30am CrossFit (Coach: Jennie), 7:30am CrossFit (Coach: Silvia), 9:00am CrossFit (Coach: Joe B), 9:00am Endurance (Coach: Lori), 10:00am CrossFit (Coach: Silvia), 11:00am CrossFit (Coach: Silvia), 3:00-5:00pm Open Gym (Coach: Gina), 5:00pm CrossFit (Coach: Angie)

SATURDAYS: 8:00am Endurance (Coach: Lori/Camie), 9:00am CrossFit (Coach: Justin), 10:00am-12:00pm Open Gym (Coach: Varies)

SUNDAYS: 2:00pm-4:00pm Open Gym (Coach: Varies)

Important Changes

- Punch Cards are now \$115 for 10 visits
 - Drop-In Rate is \$20
- There is now a \$15 fee to put memberships on hold. You must provide a 14-day notice prior to placing your membership on hold, and memberships can be held for a minimum of 30 days
- The 15% discount is valid for active military service members, firefighters, police, EMS, students, nurses, and teachers. The discount is valid for UNLIMITED memberships only and the active person must be on the account.

MEMBER OF THE MONTH!

Miranda Ruta



Where are you from?

- I'm from Ohio and moved to Clarksville in 2010 to attend ASPU.

How long have you been doing CrossFit?

- 6 years

What brought you to CrossFit SolaFide?

- I had recently finished running Track and Cross Country at ASPU and was unsure of what I wanted to do next. I'd been active my whole life and knew I didn't want to workout alone. I had some friends that were going to SolaFide and encouraged me to come. I loved that CrossFit was unlike anything that I had done in the past. I wanted an environment that was going to challenge me and push me to be stronger. I knew that I was never going to get the results that I wanted working out on my own. I loved the idea of having a set program and coaches to push me. I always do better when I'm working out with other people.

What do you love most about CrossFit SolaFide?

- I love the community and coaches that I see everyday. I've made some really good friends at SolaFide. It's honestly the people that keep me coming back! The coaches care a lot about the athletes and push you beyond what you thought you were capable of.

What hobbies do you have outside of CrossFit?

- I am a mom of a 2 years and an 8 month old. They keep me pretty busy!

What is something about you we might not know?

- I eat terribly 80% of the time. I love ice cream, chocolate, and Lucky Charms. Isn't that why we do CrossFit?

What is your favorite CrossFit movement?

- I love back squats and cleans.

What motivates or inspires you?

- I love watching people hit PRs and do things they didn't think they could do. I'm always motivated by the people in my class. Lori and Camie inspire me and I hope I can be just like them when I grow up!

What is your best tip for new members?

- Be consistent and don't give up! CrossFit can be so hard, especially at the beginning. It gets easier and it's so worth it when you hit PRs and get faster in WODs.

BRINGING IN THE NEW YEAR NUTRITION
CHALLENGE!



We are halfway through the nutrition challenge...THREE WEEKS LEFT! Stay focused and finish strong!

**THE WOD:
50 MINUTE TIME CAP
2020 METER ROW BUY IN**

**THEN 5 ROUNDS:
14 THRUSTERS (65/95) (95/135)
14 BURPEE BOX JUMP OVERS (20/24)
REST 3 MINUTES**

**THEN 4 ROUNDS:
14 SIT UPS
14 CLEAN AND JERKS (65/95) (105/155)
REST 3 MINUTES**

**THEN 3 ROUNDS:
14 DEADLIFTS (105/155) (155/205)
14 WALLBALLS (14/20) (20/30)
REST 3 MINUTES**

**THEN 2 ROUNDS:
14 SNATCHES (65/95) (95/135)
14 PULL UPS (RX+ BMU)**



CrossFit SolaFide will be closed on Saturday, February 29th.
Join us at Always Strong CrossFit Clarksville for WOD for
Emily: Heats begin at 9am \$25/person

About: Always Strong CrossFit Clarksville and CrossFit
SolaFide are partnering with American Mobility Project to help
provide a specialized iBot wheelchair for Emily Watson.

When Emily was five years old, the car she was riding in was
hit head-on by a vehicle driven by a drunk driver. The crash
was horrific and Emily and her aunt survived, but Emily was
paralyzed from the waist down. Her aunt made a full
recovery....and is also a part of our own Always Strong family,
Brittany Walker.

American Mobility Project is raising funds to give Emily a new,

state of the art, iBot wheelchair. This chair will allow Emily to raise herself to eye level, go up and down stairs and curbs, travel easily across a football or soccer field and much more--- just like her peers! Emily is most looking forward to using the chair to gain more independence.

There is a lot of excitement for the independence this will give Emily. Her family and friends are excited for her to be able to join them in more activities. Emily's energy and desire to live a full life make her the perfect first beneficiary of the American Mobility Project!

\$25 per person to get a fun Partner wod (workout of the day) with friends with all proceeds going directly to benefit this special project for Emily. Heats begin at 9am. The wod will accommodate all fitness levels from beginners to elite. If you would like to learn more about Emily and American Mobility Project, please go to their

link: www.americanmobilityproject.org American Mobility Project is a Clarksville 501c3 founded by Gary and Mary Linfoot. If you don't want to participate in the event, but would still like to donate, go to the homepage on the AMP website.

FEBRUARY BIRTHDAYS!



Jessica Lietz – 2/1

Tori Hale – 2/3

Shannon Ross – 2/3

Ali Wilson – 2/3

Ollie Garcia – 2/4

John Hackett – 2/7

Andrew Schiller – 2/10

Kyle Kretz – 2/12

Kenia Duval – 2/15

Crystal Myers – 2/15

Angela Slough – 2/15

Scout Saunders – 2/17

Lucas Alves – 2/20

Michael Pardue – 2/21

Justine Sacco – 2/24

Alex Schwartz – 2/26

Jessica Davidson – 2/27

Kaya Pickersgill – 2/27

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/>