

ISSUE 1 JANUARY 2020

THE CFWV WAY

Official news regarding CrossFit West Visalia



CROSSFIT WEST VISALIA

- **New Logo**
- **New location**
- **Jan Athlete Challenge**
- **Calendar Updates**

NEW LOCATION

Demolition at our new box has begun! We are relocating to 6515 W. Goshen Ave, roughly 800 meters from our current location, this month. Our new location is bigger than our current and will come with many upgrades to make our CFWV experience even better than it was! I know many athletes are asking what's wrong with our current location? Well, Nothing. It is a great spot and has treated us nicely for the last 7 years but it's time for us to upgrade! Stay tuned to our social media accounts for news on our equipment upgrades and location pictures.





JANUARY ATHLETE CHALLENGE

"Check-In Challenge"

- The top 20 athletes with the most check-ins at CFWV earns a raffle entry into our end of month drawing
 - Competition dates: Jan 01-31, 2020
 - Must Check in on Zen Planner
 - Challenge winner receives one month free at CFWV!

CALENDAR UPDATES



- *Closed on Jan 1, 2020*
- *YOGA: Every Saturday and Sunday at 8am*
- *Weightlifting: Every Thursday at 7pm - All levels are welcome to attend*
- *Nutrition Seminar Jan 18, 2020 @ 12:30 - Covering Paleo Lifestyle*
- *Special Schedule on MLK Jr Day (Jan 20, 2020) : 9am, 10:30am & 5:30pm*
- *Grand Opening Celebration Jan 31 @7:30pm*



"A WALK IN THE BOX"

DATE: JANUARY 31, 2020 FROM 6:30-9:30PM

LOCATION: 6515 W. GOSHEN AVE
VISALIA CA 93291

EVENT: WOD.EAT.COMPETE.REPEAT.

CFWV WILL BRING THE TACOS, SPIKE BALL, CORN HOLE AND YOU JUST HAVE TO BRING YOUR A GAME AND YOUR OWN DRINKS.

