

ISSUE 4 APRIL 2020

THE CFWV WAY

Official news regarding CrossFit West Visalia



CROSSFIT WEST VISALIA

- **Thank You**
- **April Athlete Challenge**
- **Virtual CFWV (ZOOM)**
- **Class Updates**

THANK YOU!

Your overwhelming support of CFWV during this time is unbelievable. This is no surprise to me, you all are amazing and me and my team are proud to be your Coach. Your Head Coach Adam has been putting in the work to make sure you all have an opportunity to keep moving. From the equipment distribution, to offering Zoom classes he has been leading the way with innovative approaches to benefit all of us. I hope that you all stay safe and healthy during these challenging times and please let your CFWV Family know if you need any assistance in any way. Again THANK YOU for your support and we hope to go back to our regular schedule as soon as it's smart to do so!

APRIL ATHLETE CHALLENGE

Sit-Up Challenge

- Complete 1000 sit-ups in the month of APRIL!
 - Complete as many Sit-Ups as your abs will allow on any given day
 - Track your reps by logging them in Beyond The Whiteboard
 - On April 30, 2020 email me if you successfully hit the 1000 reps!
 - 1000 Reps earns you entry into a raffle drawing



- *Create FREE account on <https://zoom.us/signup>*
- *Use special code to join in class*
- *Please RSVP for class using Zen Planner member portal*
- *Zoom schedule and codes are below!*

CLASS UPDATES

- *Virtual CFWV Zoom class every Mon-Fri at 9am, 4:30 and 5:30pm Zoom Code: 4331393898*
- *CFWV Peaches Zoom every Tuesday at 6pm Zoom Code: 3694041250*
- *YOGA Zoom every Sat and Sun at 9am use Zoom code 5243836770*