

# THE CFWV WAY

*Official news regarding CrossFit West Visalia*



CROSSFIT WEST VISALIA

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- **Head Coach**
- **Facility Changes**
- **Mar Athlete Challenge**
- **Calendar Updates**
- **New Class/CFWV Peaches**

## ***HEAD COACH: ADAM FRANCO***

Make sure you congratulate Coach Adam when you see him next! He is our newly assigned Head Coach. Coach Adam has been an integral part of our athletes success over the past four years and will continue to change the lives he serves for the foreseeable future. His ability to lead in accordance with the CFWV Way, overall knowledge and passion for helping others is inspiring. We're fortunate to have Coach Adam leading our Coaching team and athletes. This new position has come about in an effort to keep pushing our services in the right direction. Most importantly, this positive change will help increase communication among all stakeholders.

## FACILITY CHANGES

- Current bag room is going to be a kids area. Bags will be relocated to Ski Erg area
- Insulation install quotes are coming in and we will have to close down Friday-Sun for this to be completed. I'll let you know when I have the dates

## MARCH ATHLETE CHALLENGE

### ***Burpee Challenge***

- Daily completion of the day of the month in burpees
  - Competition dates: Mar 01-31
  - Receive one raffle ticket per day you complete challenge
  - Raffle prize will be a fitness gift basket!

## CALENDAR UPDATES

- *Regular Schedule on St. Patrick's Day... wear GREEN or get 50 burpees!*
- *CFWV Peaches every Tuesday at 6pm Starting March 10, 2020*
- *Weightlifting Class every Thurs at 7pm*
- *YOGA every Sat and Sun at 8am*

# CFWV PEACHES



Lets start with the basics:

**WHO:** Ladies only class coached by our CFWV lady Coaches

**WHAT:** Class designed to sculpt, tighten and raise those glutes

**WHEN:** Every Tuesday at 6:00pm

**WHERE:** CrossFit West Visalia

**WHY?:** Community, nice peaches, posterior chain development and hip stability

**PROGRAMMING:** Written by Coach Jacob, Owner of CFWV

**CLASS LENGTH:** 45-60 mins

**ALL LEVELS WELCOME TO ATTEND!**