CFV COMMUNITY NEWSLETTER

MAY 2018

WHAT'S IN THIS ISSUE?

- -MEAL PREP 4 U & INIFINIT
- -SUMMER BOOTCAMP
- -AHTLETE OF THE MONTH
- -KINSTRETCH
- -INSTAGRAM FEATURE!

Mon, May 21

Open Gym

9AM-Noon

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MEAL PREP FOR YOU EST. MP4U 2014 PREMIUM NUTRITION

FUEL YOUR BODY, SATISFY YOUR APPETITE.

Congrats Ayman for winning the $150GC from Meal Prep 4 U!

Fresh Meals & Snacks available in the CFV Fridge. Want weekly delivery of fresh meals? Email info@mealprepforyou.ca

Congrats Ty! Winner of the Infinit Prize Pack!

Want more info on Infinit Pre/Post & Intra Workout Supplements? Ask Amanda Watson for what will help you perform and recover better!

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BOOTCAMP

May 1st – August 2nd
Tuesday & Thursday: 10:00 – 11:00 am
@ CrossFit Vernon
1935 11th Ave

Registration:
April 25th: 5:30-6:30 pm
Or Email
tavia@crossfitvernon.ca

WHAT TO EXPECT:

- ✔ Total Body
- ✔ HIIT
- ✔ Circuit Training
- ✔ Kettle bells/dumbbells/slamballs
- ✔ Battle ropes/sled pushes
- ✔ Beach/Track/Stair days

Membership:
$90 - Monthly
$130 - 10x Punch Pass
$250 - 3 Months
$15 - Drop-in

bears_nucksgirl I was introduced to CrossFit through my beautiful niece's bootcamp, @taviaayla, last May and moved on to CrossFit lite in December so this was my very first Open experience therefore the whole thing was my favourite 🤗❤️..... I'm continually in AWE of how much I learn and grow from this incredible sport and the beautiful community surrounding it!!! Thank you CrossFit Vernon and all of the truly phenomenal coaches and members who inspire, encourage and support myself and all the other athletes! This was an incredible experience and I look forward to next year and continuing my knowledge and progress! 🤗❤️🤗❤️💪💪

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ATHLETE OF THE MONTH

ROBIN HEWITT

There aren't many qualities a coach appreciates more in an athlete than a love for CrossFit... You can really tell that Robin loves coming to CrossFit. We all have busy schedules but that doesn't let Robin prevent her from getting her workouts in. Whether it's her regular 6:30PM CrossFit Lite classes or a 9:00AM or Noon, she's there almost every day and smiling, ready to work hard.

For those of you that don't know Robin she is the owner/operated of Triumph Coffee, downtown. If you haven't been there, you need to go (seriously best coffee in Vernon). On top of being a busy business owner and having a husband that works crazy hours, she is mom to 3 young children and a dog.

Robin started with us last summer and not even a year into CrossFit she has made some significant progress! Starting, like most by dialing in technique with the 5kg bar we saw her progress up to the junior bar and now finally putting the big weights on a ladies bar. She's gotten so much stronger and fitter all while demonstrating excellent technique.

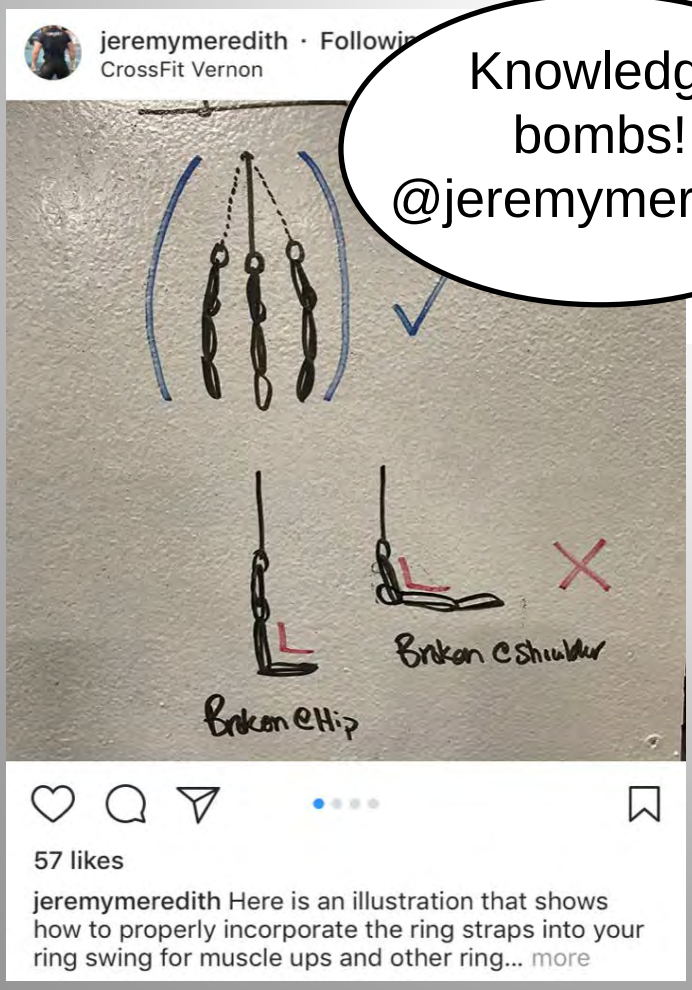
It has been a joy to have Robin at CrossFit Vernon and we look forward to every class we get to share with her. **–Coach Jer**

CROSSFIT VERNON
EST. 2010

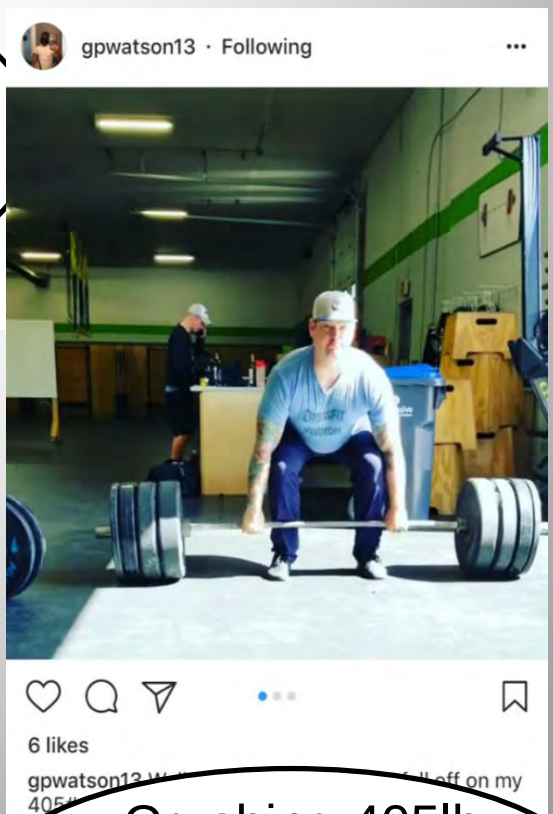
Instagram

Hashtag
#crossfitvernon
& tag
@crossfitvernon
To be featured here!

200LB Club!
@kimmybuddz



Knowledge bombs!
@jeremymeredith



Crushing 405lb Deadlifts!
@gpwatson13

3-1935 11th Ave | Vernon BC | 250-306-1080 | www.CrossfitVernon.ca

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KINSTRETCH™

The KINSTRETCH system is one born out of scientific research. All movements and training techniques have been selected based on a rigorous investigation of evidence, conducted by physical conditioning and medical experts, as it pertains to body control, injury prevention, joint health and physical longevity.
www.kinstretch.com

JOIN US ON THE FIRST MONDAY OF EACH MONTH
$10 for members
$20 non members

Dr. Piper is the only certified KINSTRECH instructor in the Okanagan valley. He is also certified in Functional Range Conditioning (FRC), making him extremely knowledgeable in human movement, biomechanics, and body control development. That means that Dr. Piper is highly trained in spotting, and correcting dysfunctions in your body as you practice.

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