

# M.O. Town Fitness

## DECEMBER NEWSLETTER

### Home of CrossFit Ojai

#### COACH'S NOTES

WOW! Just like that, Halloween and Thanksgiving are over and we are half way through the holidays. Christmas is literally right around the corner and then comes New Years and the beginning of another year!

That's crazy! We are so excited to have journeyed through 2018 with all of you. We have watched crazy transformations of body and mind. We have seen many of you strive for healthier lifestyles. We have watched members compete, get married, have babies, lose weight, make lifestyle changes, gain muscles, and make friends. We are so thankful for each and every one of you and wish you all a very Merry Christmas.

#### SPREADING THE JOY

January is our "Bring a Friend" month. Encourage a friend to get on track and pursue their fitness goals with you at MO Town Fitness. All new members will be given 20% their first month when they sign up in January with a referral from YOU! What a perfect opportunity to encourage others to reach those New Year's resolutions and gain yourself a workout partner. Everyone knows that goals are better reached with accountability and encouragement.

#### GIFTING OTHERS

Thank you to everyone who has contributed to our Supply Drive for Meiners Oaks Elementary. Our box up front is looking so full - it's overflowing. This community is truly blessed by each and every one of you.

However, it's not too late. This is the last week for our Supply Drive for our community's elementary school. We plan are delivering our items soon and want to be ready. If you have any more items you wish to contribute to our drive, feel free to drop them off at the front desk through Friday, December 30th.

#### A WISE MAN ONCE SAID...

Just wanted to drop a friendly reminder that if you are using free weights in any capacity, please make sure we are putting them away as well. A wise man once said, "if you are strong enough to use them, you are strong enough to put them away." Thanks so much!

#### TIS THE SEASON

The holidays are here, folks! Its crazy and exciting. Last year, this in between time came and went before anyone had the opportunity to enjoy it. I know this household is looking forward to making up for last year's festivities. With that said, our annual Christmas Party is upon us! If you haven't already seen on social media, we are having our party on Saturday, December 8th from 6pm to 8pm at the gym.

All gym members and their families are invited to join us. We will potluck it like we have done in the past, so a sign up sheet will be at the front desk. Please sign up with the number of people who will be attending. Along with a dish to share, we are asking that every person bring a pair of wrapped up athletic socks for a white elephant gift exchange. We are so excited to share in the spirit of the season with our MO Town family! Hope you all decide to join us. Along with our parties, come families and other responsibilities during the season. In order to keep everyone in the loop ahead of time to prepare accordingly, here is our holiday schedule:

Christmas Eve: Open until 1pm.  
3 Crossfit classes  
Closed Christmas Day  
New Years Eve: Open until 1pm  
3 Crossfit classes  
Closed New Years Day