

M.O. Town Fitness

NOVEMBER NEWSLETTER

Home of CrossFit Ojai

COACH'S NOTES

I don't know about the rest of you, but we are definitely ready for the holidays. All that turkey and veggies and pie and oh man! we're hungry just thinking about it. The holidays are for spending time with family and friends and getting into the spirit. Thanksgiving is right around the corner, and before we know it, Christmas and New Years will be here as well. Stay focused, friends. Enjoy, indulge, and absolutely have those cheat days but we encourage you to stay focused as well and finish strong. Continue to strive to constantly become the best version of yourself physically and become a stronger, healthier you all the time. Exercise and a healthy, balanced diet will always help you reach your personal goals. Keep it up, everyone! We are excited to be apart of each of your journeys.

COMPETITIVE BY NATURE

Last month we had plenty of accomplishments. We saw two of our CrossFitters compete in their first weightlifting competition. We are so proud of Makenzie Hardman and Stephanie Lopez. They lifted alongside our own Dave Andrews who rocked the platform again with his amazing weightlifting accomplishments. They were coached and supported by our own Michael Cresto.

The same day, we had two of our CrossFit men compete together in their first CrossFit competition, Festivus. They both worked their hearts out and we are super pumped for Jevon Morrison and Tony Vacca. Their ability to compete at any level shows perseverance, hard work, and dedication.

We are lucky to consider all of these wonderful competitors as part of our MO Town family. Keep up the great work!

TIME TO GET WET

Its definitely that time again. If you haven't already signed up for the Hydrostatic Body Fat Testing happening this Wednesday, it's not too late. Make sure to get signed up for your first test or a retest to see how you are progressing. It is an easy way to self-assess and get started on creating new goals and aspirations as we enter into the holiday season. It helps with focus and motivation by giving you a clearer picture of where you are compared to where you want to be. Everyone needs a better view of themselves in order to make changes and better themselves. This is that perfect opportunity. Get signed up today.

DRIVING FOR SUPPLIES

The supply drive is happening NOW at the gym. If you are interested at all in providing some school supplies for Meiners Oaks Elementary School, you can drop those off in the big box located by the front desk. We are hoping to gather necessary classroom supplies for the school in order to bless them around Christmas time and give back to our community. We chose Meiners Oaks Elementary because they are our neighborhood school and we would like to show them that they are appreciated by their community. The box in the gym is always there, so feel free to add to it for the rest of the month. Thanks so much to all who participate.

MORNINGS ARE FOR WORKING OUT

If you haven't already noticed, CrossFit morning classes have switched from 8AM and 9AM to a straight 8:30 AM only class. We have been enjoying the community it has brought to our mid-morning classes and hope it continues to grow and thrive.