



Ingrid Wold 8/1/2016 Edition 1 Volume 7

Coming Soon



Yoga

Great news athlete's Lisa Tipton will be instructing yoga classes at the box! Classes will be held on Saturdays at 8am. Classes begin Sept 3rd.



Olympic Lifting Class

We will be adding an additional oly class. Now you will have the opportunity to work on your lifts on either Tuesday or Wednesday from 6:30-8pm. Begins 8/16 & 8/18



Bible Study

Wednesdays at 8:30pm. Sign up on website. Spiritual well-being is also of importance to overall health.



Athlete of the month

Clair Storm

Fun Facts

1. Clair bakes as often as possible.
2. She used to work at the Pentagon. She even knows where the hidden gym is.
3. She still holds the career home run record for her college softball team.

"I keep working out because there are always new skills to learn and new weights to hit. And being part of the community at our box is the closest to a team sport I've been since college." - Athlete Clair

Motivated, dedicated, and virile are among the long list of words to describe Clair as an athlete. She currently took her Texas Bar Exam and graduated from St. Mary's with her degree in law. Whether it was the Texas Bar Exam she was studying for, working on her Olympic lifts, or competing at a CrossFit competition whatever she put her mind to she got it done. Her character during those events are truly inspiring. Even though she has been with the box for only a few months she has fit right into the Vanadium community. If you have yet to WOD with this athlete believe me when I say that she's an athlete that will push you to do your best. Congratulations Clair, well earned!



Hey V23 athletes: I just want to share with you some of the supplements my husband Coach Jerry and I are fans of. SFH Protein- as we all know Coach Jerry promotes consuming real food to fuel your body. Well, sometimes our busy lifestyles don't always allow time to prep our meals. SFH is our "my go to protein" when we're on the go => Advocare Fish oil is a must- helps reduce inflammation! Last, but not least.... Advocare Spark!!!! - for sure our go to drink for some fast pick me up energy. They have several flavor but our favorites are Cherry & Fruit punch. It doesn't get me jittery and it's the perfect drink before any WOD.- Coach Linda & Coach Jerry

"The 24-day challenge got me started using Advocare products. I really enjoyed the energy boost I got from the spark and started using it before my workouts to give me an extra dose of energy without the jittery feeling a lot of other products made me feel. Then I was introduced to the Catalyst and that's become a daily supplement for me. It helps my body recover and I don't get as sore like I did before taking it. I think the BCAA's in Catalyst give me some energy throughout the workday too. I really enjoy the Meal Replacement shakes and keep those on hand for those days when I can't leave the office to pick up lunch. I feel confident that all of the supplements I take from Advocare are made with quality ingredients and I love the fact that there is a scientific panel that discusses what goes into the products." Athlete Erin Sanchez