

# THE CFWV WAY

*Official news regarding CrossFit West Visalia*



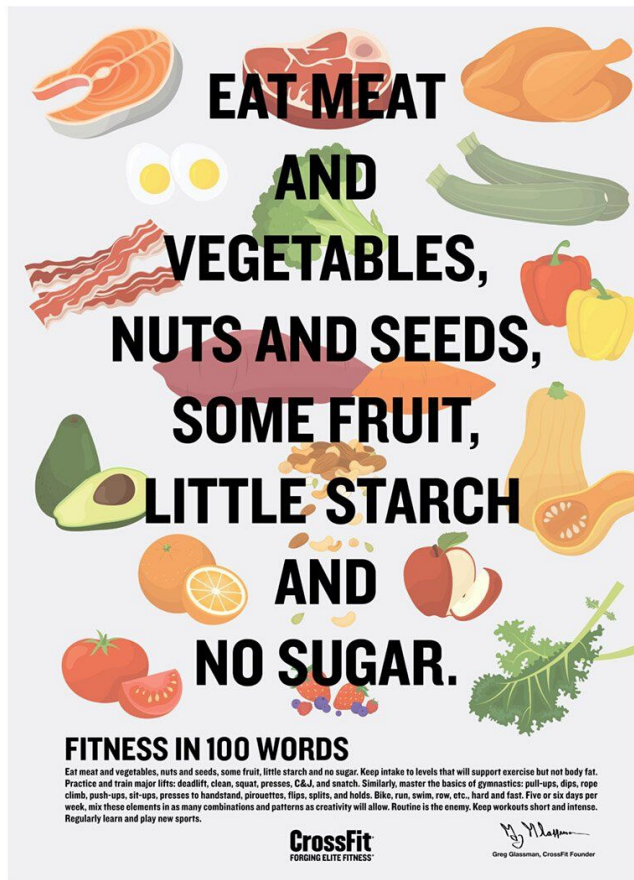
CROSSFIT WEST VISALIA

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- **New Box**
- **Feb Athlete Challenge**
- **Calendar Updates**
- **CFWV Recovery and Kitchen**
- **Paleo PR Night**

## ***NEW BOX: 6515 W. GOSHEN AVE***

The logistics to make this transition were complex and I thank each and everyone of you for being understanding during this process. An integral part of our thought process when building this new location was to ensure we make advancements in usability of the space to best serve our current and future athletes. With that said, we have a Coach office for private consults, a large area for check-in, a changing room with bag storage, a recovery area, the CFWV kitchen, and a large open area to complete our WOD/s! It is our intention to make your experience even better than it was before.



## FEBRUARY ATHLETE CHALLENGE

### Paleo Challenge

- Receive a raffle ticket for everyday you successfully follow the Paleo Prescription
  - Competition dates: Feb 01-29
  - Honor system in place
  - Challenge winner drawn from raffle receives an awesome gift basket!

## CALENDAR UPDATES

- *Special Schedule on Presidents Day (Feb 17, 2020) : 5am, 9am, 10:30am & 5:30pm*
- *Paleo PR Night on Feb 22, 2020 @ 6:30pm*
- *February Birthday WOD on Feb 23*

# CFWV RECOVERY AND KITCHEN

Our new facility has a recovery room and kitchen. In 2020, your Coaches will be helping you take a stance on recovery and nutrition as they are at the foundation of our success. Our pursuit of optimal health through human movement has been exciting and has changed each of our lives tremendously. We now want to up the ante and take our pursuit of optimal health and wellness to the next level. Recovery is an art, and like any art, it should involve dedication, presence, and mastery.

-Coach Jacob, Owner





*The Real Food Pyramid*



## "PALEO PR NIGHT"

**DATE:** FEBRUARY 22, 2020 FROM 6:30-8:30PM

**LOCATION:** 6515 W. GOSHEN AVE  
VISALIA CA 93291

**EVENT:** PALEO TASTING AND HIT A PR

**IF YOU HAVE A PALEO RECIPE YOU WOULD LIKE TO SHARE WITH EVERYONE.... BRING IT! IF YOU HAVE A MOVEMENT YOU HAVE YET TO DO OR A WEIGHT YOU HAVE YET TO LIFT... BE READY TO DO IT!**

