

Fayette Feud will be on July 21. Look for more details coming soon...

CFF APRIL 2018



Fresh N Fit is now offered at a discount to CFF athletes and their families. Food is delivered right to the gym for pickup. Start eating better to look and feel awesome with great tasting freshly made meals



Way to go Sam!!! Top 200 in his age group qualifies him for the group's version of regionals. Cheer him on if you see him putting in work at the gym. He Could. Go. All. The. WAAYYYY!!

Stefanie Warren joined our gym in August 2015, and she's kept coming back because it's challenging and not boring. She's gotten a lot stronger, and she's also lost 30 pounds, thanks to nutrition counseling from coach Holly Dahلمان. She likes riding bikes, and

she likes thrusters and overhead squats too. It's kind of hard to study her muscles, though, because they're covered with some amazing tattoos (her husband too)! Stefanie has worked for many years at a local OB/GYN office as a medical assistant and surgical tech, and she

has a daughter (23), step-son (22), a brand-new grandson (4 months old), and three dogs. You'll usually find Stefanie flexing and grunting with the regulars in the 5:30 AM class – she's the bubbly one with the tats, and she's not that easy to keep up with!



COACH HOLLY WILL BE TEACHING A NUTRITION SEMINAR ON APRIL 21. FREE TO MEMBERS.



Thanks to everyone who participated in Bring a Friend Day