



CrossFit Avalanche Newsletter

October 2025

Fall Updates

Fall is here & winter is just around the corner! Let's keep our momentum going & energy high. We will be making some schedule changes to accommodate the shoulder season & keep you motivated. See below for specifics.

Schedule Changes Starting November 1st

- 10:30am classes are cancelled until further notice; join the 9:30 or 11:30 instead.
- Friday Evening Partner Workouts! 4:00pm & 5:00pm classes will continue to be partner workouts. Bring a friend or family member for free.

6:00pm

- Monday 6pm will be an open gym. Do your own workout, stretch or work on skills. If you missed the WOD, you can do that too. Your coach will be there to assist.
- Tuesdays will be regular CrossFit
- Wednesdays & Fridays will be winter conditioning with Beth. (Nov. 5 - Dec. 5)
- Thursdays 6-7:30 Mobility & Weightlifting with Myles

Sunday Schedule

- 8:15 am Mobility class
- 9:30 am Weightlifting

Crystal is off to have her baby! We wish her well & hope to see her back on the schedule soon!

For more info, schedule, & full list of specialty classes check out crossfitavalanche.com

WINTER CONDITIONING

Wednesdays & Fridays

Nov. 5-Dec. 5

*No classes Thanksgiving Week

6 pm - 7 pm

Strengthen & tone those legs, glutes, & core for a successful winter season! Classes focus on strength, agility, balance and stamina.

\$200 for all 8 sessions

sign up:

info@crossfitavalanche.com

*Free to Avalanche Members



Halloween Friday,

October 31st

6, 7, 8:15, 9:30, 11:30

*Potluck after the 11:30

*Evening classes canceled

Fun Partner Challenges & Prizes.

*Bonus points for Costumes