



We don't use machines, we build them.

Dates To Note:

May 10 (Fri) Foundations - to help improve form and technique on CF moves. A workout is included. We will only take 12 folks at a time. Done at the one end of the gym while the other end is doing a regular WOD. A WOD will be included. Squat Series including Overhead Squat and How to Clean a Bar.

May 16 (Thurs) - Chrissy is inviting folks who are in the 116 Burpee Challenge to her house to make up any back log of Burpees.

May 20 6pm class (Mon) Foundations - to help improve form and technique on CF moves. A workout is included. We will only take 12 folks at a time. Done at the one end of the gym while the other end is doing a regular WOD. A WOD will be included. Shoulder Press Push Press and Push Jerk and Clean & Jerk and Thruster.

May 25th - Lehighton 5K - Race for Education and Fitness (SS Peter and Paul School and crossfit TC Unplugged.com. GO TO crossfitTCunplugged.com under news and events and register for our 5K! There is no class that day - come run or walk.

May 27 (Monday) - Memorial Day - moved class to 9am!

May 29 (Wed) - Having our 1st annual Goals Recognition Dinner at 7pm. Class is moved to 5pm on May 29th! Macaluso's for dinner at 7p - \$21 per person please reply to Chrissy via email or Facebook if attending!! All welcome as we either set goals, met goals and or helped others along the way achieve goals!

June 5 (Wed) - Foundations - to help improve form and technique on CF moves. A workout is included. We will only take 12 folks at a time. Done at the one end of the gym while the other end is doing a regular WOD. A WOD will be included. Double Unders and Box Jumps and Hand Stands.

June 7 (Fri) and Saturday June 8th - the High School uses the Rec center for the All Night Party for Seniors so every year we take CF over to Bear Memorial (park in the Lehighton Pool Parking Lot) and we do a kick ass WOD over there. Folks loved this workout last year and we hope to do something similar this year!