

January Newsletter

IMPORTANT ANNOUNCEMENTS

2017 PCC Board of Directors

New members were elected at the annual meeting in November. Your officers and members at-large are:

President - Cassie Krebs

Vice President - Angie Tomlinson

Secretary - Megan Arndt

Treasurer - Michelle Gumz

Members - Mary Callen, Leah Smith, Judy Syens

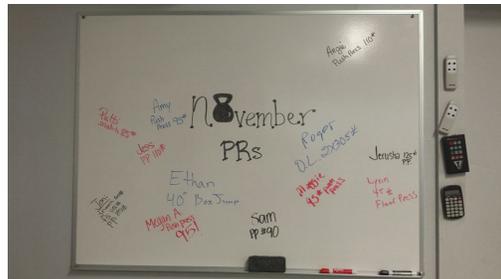
Advisor - Benjamin Brindley

Next Board Meeting

The next PCC board meeting is Monday, February 6 at 6:30pm. All members are welcome to attend!

Upcoming Challenges

Watch your email and our Facebook Member's Only page for upcoming challenges in February!



\$25 OFF MEMBERSHIP

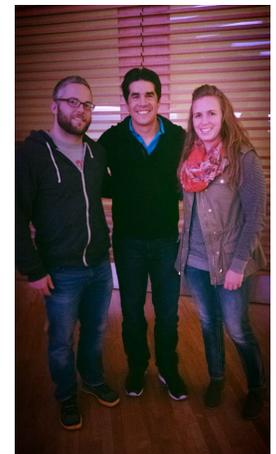
When you refer a new member and that person signs up for 2 months in a row, you will receive \$25 off of your next membership!

Thank You

Thanks to everyone who took a "wish" from the giving tree and donated an item. Your generosity will help keep costs down and is one reason why PCC is such an outstanding community!

New Equipment

With funds left over at the end of 2016 PCC was able to purchase a 40# kettle bell, a 45# kettle bell, farmer walk handles, 20# and 25# barbell pairs, and 2 dip belts.



CrossFit Games Open @ PCC

The Reebok CrossFit Games Open Workouts are returning to PCC! Every Saturday beginning February 25 - March 25 join your fellow members and friends while participating in the CrossFit Open workouts. Watch our Facebook Members Only page and emails for details!



Member of the Month

September 2016

Jess Beckett

Tells us about yourself (family, schooling, job, sports, military, interests, etc.) I am a mental health therapist but more importantly I'm a wife and the proud mom to two boys, Chase (12) and Cole (9). I love to watch them wrestle, play baseball, and run. I like to stay active outside of the gym by running several times per week. I also enjoy watching football, am an avid reader, and LOVE to scrapbook. Staying active and working out is so important for overall physical health but also mental health; I love a good workout after a stressful day at work.

What is your favorite movement and/or benchmark workout? I love those movements that I'm best at I guess....double unders! I have always liked jump roping. I like pull ups too, although I'm always sore the next day. My favorite lift is probably the power clean.

What has been your biggest struggle? My biggest struggle is making it to the gym as often as I want.

Life sometimes gets in the way. My boys come first and their schedules are crazy. I try to commit to certain days of the week and run outside those other times. I try to not beat myself up about it. At least I'm not sitting on the couch, right???

What has been your biggest improvement? Snatches and overhead squats. I struggle with those being over my head. This year I finally had enough confidence to put weight on my bar. It might not seem like much but huge for me.

What goals are you currently chasing? Continued confidence in lifting-whether that's improving my technique or adding weight.

If you could design a workout, what would it be? Power cleans, push ups, pull ups, double unders, maybe some running.

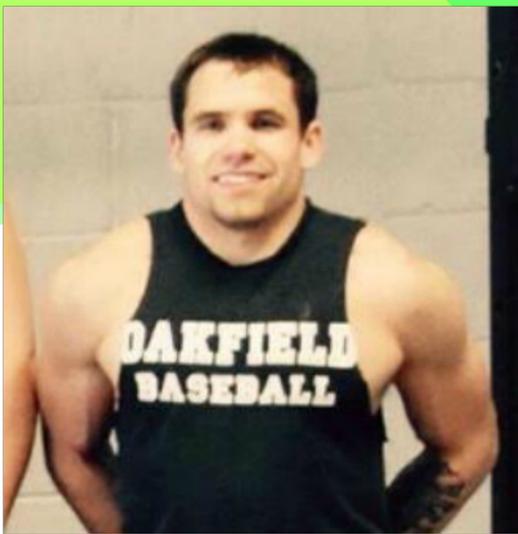
How often do you talk about CrossFit? All the time. I like that I'm setting a good example for my boys. They can't wait to become members some day. Cole was so excited for me that I

received this honor. He's my biggest fan.

Burpees: Love 'em or hate 'em? LOVE 'EM! I did complete the 100 day burpee challenge this year. You learn to embrace them after all that!!

Do you have a favorite story about the Coop? I remember one blizzardy early morning when we were in the Foundry. We weren't supposed to park on the street, but some of us did. The police gave out parking tickets! I can't believe we went out in that weather to work out...that's true dedication.

What advice would you give a new PCC member? Stick with it. The biggest hurdle you ever face is getting yourself to the gym. No one ever regrets that decision. I never thought I could do workouts like this. It is such a great feeling at the end of a workout to look back on what you accomplished. I feel lucky and privileged every day to be part of something like The Coop. The people here are so supportive and encouraging. It's one of a kind.



Member of the Month October 2016 Ethan Geisthardt

Tell us about yourself (family, schooling, job, sports, military, interests, etc.)

I grew up in the small town of Brownsville, WI. I went to the Oakfield school district from K-12. There, I played baseball, basketball, and soccer since little on. I have two sisters, one older and one younger, Amber & Cheyenne. My mom, Lorilyn and dad, Ronnie just had their 35th anniversary and I love my family very much for they have always been there for me!

When did you start doing CrossFit?

I started doing CrossFit just shy of a year ago.

What is your favorite movement and/or benchmark workout?

I like Workouts like Murph.

What has been your biggest struggle?

My biggest struggle has definitely been the snatch... on top of the difficult movement by itself, I recently injured my hand/wrist so I'm optimistic it will heal soon!

What has been your biggest improvement?

My biggest improvement has been power cleans and just overall strength/stamina in my legs.

What goals are you currently chasing?

My goal I'm chasing is just improving overall and to surpass my ranking in the 2017 CrossFit Open.

If you could design a workout, what would it be?

My workout would most likely be 5RFT.

What is your favorite outfit to WOD in?

Anything 'Merica!

How often do you talk about CrossFit?

No Talky just Chalky
Burpees: Love 'em or hate 'em?
I love burpees... the morning after.

Do you have a favorite story about the Coop?

No specific story... I just love the days when the gym is full and we all cheer each other on. I feel very fortunate to have found PCC. I proudly say I've met lots of new awesome friends.

What advice would you give a new PCC member?

Just get to the gym. You don't need to RX just get your body moving. We were created to move!



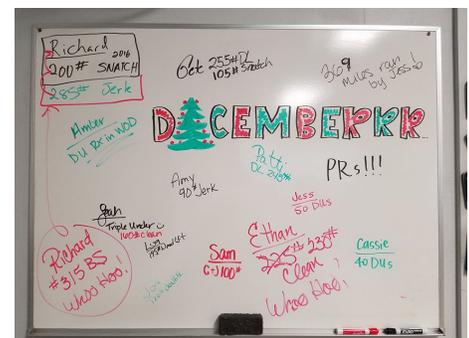
Maggie Kufahl - Decmeber 13

Dan Ludwig - December 17

Judy Syens - January 5

Fey Martin - January 9

Matt Lindman - January 28





Member of the Month

November 2016

Megan Arndt

Tell us about yourself (family, schooling, job, sports, military, interests, etc.) I'm 28 years old and have been working as a Dental Assistant in Madison for the last 8 years. I enjoy reading, photography, family, yoga, animals and the outdoors.

When did you start doing CrossFit?

April 2016. I knew I needed to find a workout that I could be more consistent with, if I wanted to continue to eat cheese curds and drink wine.

What is your favorite movement and/or benchmark workout?

My favorite movements are toes to bar, burpees, and power cleans. I also like core workouts, when they are finished.

What has been your biggest struggle?

I've struggled with keeping my flexibility and double unders.

What has been your biggest improvement?

I've seen improvements with all my lifting and just overall strength.

What goals are you currently chasing?

My goals would be pull ups with no bands and hand stands with no wall support.

If you could design a workout, what would it be?

If I could design a workout it would start with power cleans or front squats, a WOD involving; burpees, toes to bar, pushups, pull ups and finishing with rowing or running.

What is your favorite outfit to WOD in?

Most likely, you'll see me in capris and a t-shirt. Whatever is comfortable and easy to move in.

How often do you talk about CrossFit?

I talk about CrossFit as often as I can, but I do think about it daily.

Burpees: Love 'em or hate 'em?

Burpees- Love them!

Do you have a favorite story about the Coop?

I don't have a particular story to share, but I do very much enjoy my time at the PCC. I never regret a workout and always feel so much better with myself afterwards. I love how CrossFit is such an independent workout, but at the same time how awesome it is to be supported by and supporting your other members.