



Your Community

Define it:

Community

1. A unified body of individuals: as a: STATE, COMMONWEALTH b: the people with common interests living in a particular area; broadly: the area itself c: an interacting population of various kinds of individuals in a common location d: [a group of people with a common characteristic or interest living together within a larger society](#)

There is more where that came from but we will stop there. So why community? I think it is important to see what you have developed over the past year and a half. It's been a pleasure to look at it from a bit of an outsiders perspective. I may play a role in CrossFit, but I am not CrossFit. YOU are CrossFit. Community is what makes you different from every other "gym" or "workout facility" that exists. I would go even as far to say that what you have is not a gym. Rather a place where you come as a community of people to get one butt kickin' workout in. And hopefully a home away from home in some way. You are a group of dedicated people that have that common interest and live within a larger

society, "Park City". We are all a part of the Park City community but you have created an amazing group of people that support, and encourage one another and in some cases provide some healthy "egging on".

It has been both encouraging and exciting to see how you have all supported one another, drug your friends in when you weren't sure if they would like it or not, and made leaps and bounds in your fitness levels. Don't forget to take a look back in your log books every once in a while and see where you have come from. The community that you have created is what keeps this place moving forward and the lights on. We don't want to be another gym where people sign up and never show up. On the contrary we are committed to you as trainers and we want that commitment in return. The beauty of this is that we rarely have to say anything about your levels of commitment. Your passion has shown through and it's not us that do the upkeep in regards to commitment levels. You waking up at the crack of dawn, is a pleasure to some, but to others is a bit of a challenge. And for the afternoon gang making it happen after a long day of work is impressive as well. Knowing that your friends, or should we call them fellow suffering buddies, will

be waiting for your face to walk in the door is a large part of what helps keep people motivated. On my part it's always a whole lot easier to get up that early and stay that late when I see you come through the doors with the desire to improve. Yeah, there might be some hesitance on the WOD or even some doubt, but you continue to plug away and you are reaping the benefits.

I think it's important to bring this topic up as we grow. You have all been amazing about welcoming other people into your community and helping them in some way or another. Advice on a workout, encouragement, or providing a friendly face. I hope that this sense of community only continues to grow stronger as more people are included in it. In large part I think the fact that you are working so hard side by side makes it almost impossible for it to cease. There is something to be said about having someone by your side that knows your challenges, even at the moment you are going through them. Now I know it's just "working out" but when else in life do we have people that can relate to our emotions and feelings that we are having in a near exact way. A shared experience is a powerful part of building community and that is what you

have created. There is a great group of people here and I encourage you to continue supporting one another as well as pushing one another when the time is right.



Jenny with her little stud Parker

Thank you for making my job easier as a trainer. It's not often that one can love what they do, and who they can share it with. So thank you for providing that experience for me and continuing to motivate me to workout and use my abilities as best I can. I'm always blown away by the amount of energy and dedication you put into your workouts and fitness levels. It keeps me accountable and in check as well and that is incredibly valuable to me. Throwing on the tunes and hitting the WOD hard in the gym on your own is a bit different than having all your buddies around you doing it. But watching you each morning and afternoon helps motivate me to keep plugging away in my own levels of fitness. That never ending battle of what we can achieve can seem a bit large, but when you have a community like yours it's a pleasure to journey through it.

Working out is important and continuing to manage a healthy lifestyle is our responsibility. It's easy for all of us in this town, myself included, to get carried away in fitness. Who is the best skier, cyclist, runner, etc. There is something larger at stake than this and it's seen in your CrossFit "box". By all means there is the pursuit of fitness going on in the gym and that's a great thing. But you provide more than that. Instead of looking across the gym and seeing "Joe Schmo" on the other machine thinking you can lift heavier weight than him on the pec deck and sustain a 10

mph pace on the treadmill for longer than him, you challenge one another and support one another. It's awesome to see you cheering on those people during the miserable 2k row, getting someone pumped up to set a new pr on their deadlift, even if it's 75lbs, and watching in appreciation as someone completes almost 50 pull-ups in a row.

Fitness is a big part of having a good quality of life but there is more to life than that, and it's shown in the community that you have created in this little box!



Danielle helping out her dad on the handstand push-up. Good thing he has a good example to follow!

CrossFitter of the Month: Sarah Britton!!!

1. What do you do for a living?
I'm the Preschool Teacher at Park City Academy
2. What are some of your interests?
Most of all I love spending my time with my hubby. I also enjoy scrapbooking, reading, baking, and dancing.
3. What is your favorite kind of workout?
I love all of the CrossFit workouts. If I had to choose one it would be the Filthy 50 because it sounds so daunting but once you're finished you look back at all you did and feel such an amazing sense of accomplishment.
4. If you could have any kind of superhero power what would it be?
I would love to be able to freeze time!



Sarah who?

I'm sure most of you have at one point or another been in the gym and seen a random pregnant woman busting through the CrossFit workouts. And she's not just moseying through them either. It may be at her own pace, but impressive nonetheless. She has worked through bashed shins on a box, bars crashing down and now her pregnancy. Yes, that is Sarah. She started with us last spring/summer after some serious hesitancy and curiosity but once she dived in on a WOD she was hooked. Sarah is known for plugging through each and every workout no matter how daunting they seem (hence the filthy 50 comment). Sarah is now about 6 months pregnant and still comes to the workouts daily. She and Russ are expecting a little guy early this spring and we can't wait to see how much of a stud he is. All the CrossFitting is going to create a little Britton monster! Sarah, you're work ethic prior to the pregnancy was impressive and is even more so now with you carrying your partner in crime. Keep up the amazing work and we can't wait to see a new addition the the Britton family and our community! You can usually find Sarah in an afternoon class but she has even been seen at 6 am!



Sarah pulling off a little cat costume at the Halloween WOD!!!

3...2...1...GO!!!

EVENTS:

- This coming Tuesday (Dec. 23rd) we will be having a nutrition class at 6:30 p.m. It's free to anyone who wants to come and we will go over some basic "zone" and paleo principals for those of you interested. Let us know if you will be attending!
- Tomorrow (dec. 17th) is our Christmas party at The Last Samurai at 7 pm. It's going to be a tasty meal with good company!
- Contracts! We are now offering 3 month, 6 month, and 1 yr. contracts to those who are dedicated and interested in saving some money. We will still charge your card monthly but you can save some serious money depending on what you sign up for. Just grab me with any questions.
- Holiday schedule is as follows:
 - Dec 24th: 10 am class only
 - Dec 25th: No Classes
 - Dec 26th: 9:30 and 10:30 am classes only
 - Dec 27th: Regular Saturday class schedule
 - Dec 31st: All regular morning classes. No afternoon classes
 - Jan 1st: No classes
 - Jan 2nd: Back to our regular schedule
- If any of this changes we will be sure to let you know!



Eric after his punishing 2k row!