

New Cardio Cycling Class & More

CRUfit Montclair [info@crufit.net]

Sent: 6/22/2018 5:57 PM

To: info@crufit.net

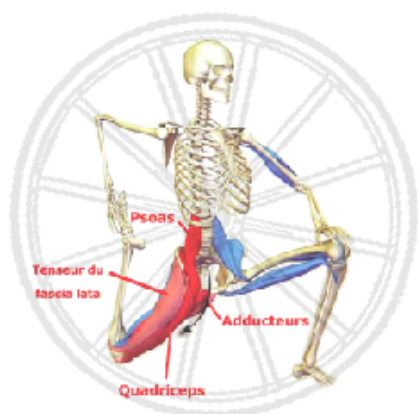


New! Cardio Cycle Express with Mia Mondays & Wednesdays, 10:15-11:00am

Cardio Cycle Express is a fun, rhythmic class with a great mix of upbeat music. This class is designed to work for both inexperienced and experienced cyclists. ***Participants at all ages and fitness levels are invited to come in for an effective and time-efficient training session.***

NOTE: Noon Cycle with Mia is no longer running on Mondays & Wednesdays.

SIGN UP



FREE Stretching & Injury Prevention Clinic for Cyclists w/Dara Richman Wednesday, July 11th, 7:45-8:30pm

Join local sports physical therapist and fellow cyclist **Dara Richman**, DPT, for this informative & free clinic. Learn about techniques and stretches to help with any current injuries or issues related to cycling and sports. Clinic will be hands-on with foam rolling and stretching. Space is Limited.

REGISTER



Corporate Rowing Challenge Oakland City Center Plaza Aug. 9&10, 13&14, 11am-1pm

YOUR ASSSISTANCE IS REQUESTED

CRUfit is actively involved in planning the Masters Nationals (Rowing) event which will be held on Lake Merritt in mid-August. Our primary responsibility is to sign up corporate teams to participate (for free) in erg-based rowing relay races in City Center Plaza in the days leading up to the regatta. We want to have all corporate teams signed up by the end of June. There are three ways you can help with this:

- Let Mark Sutro know that you would like to row on a CRUfit team.
- Recruit a team (or teams) of 4 from your local company.
- Reach out to your friends at other local companies and encourage them to pull together a team (or teams).

We are offering reduced rates for training at CRUfit to corporate participants who are new to CRUfit.

[Event Flyer](#) [Event Details](#)

For more info contact [Mark Sutro](#)



Congratulations to Our Summer Solstice Half Marathoners

Two of our favorite members rowed just over 21K meters to celebrate the Summer Solstice.

Ted Chapler's pace was 1:58.1 and he is currently #2 on his leader board.

MJ Broadbent's pace was 2:30.4 and she is currently #6 on her leader board.

CRUfit Fitness for Teens Summer Camp



Tuesdays & Thursdays | 4:00-5:45pm | with Dante Rodrigues & André Cole

A good fit for youth ages 10-16. Build fitness while doing a fun variety of activities including: boxing, martial arts, obstacle courses, agility drills, strength training, games, cycling and rowing.

COMPLETE DETAILS

CRUfit Montclair Village | 6125 Medau Place
Oakland, CA 94611 | 510-842-9467 | info@crufit.net
www.crufit.net

STAY CONNECTED:



Performance Max, Inc., 5010 Proctor Avenue, Oakland, CA 94618

SafeUnsubscribe™ info@crufit.net

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@crufit.net in collaboration with

Constant Contact 
Try it free today

Copyright © 2003-2018. All rights reserved.
