

Weeknight Zumba Debuts, Fall Rowing Challenge and More

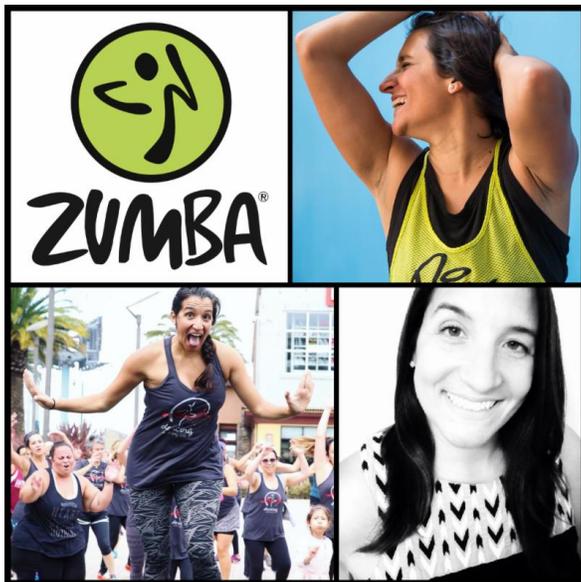
CRUfit Montclair [info@crufit.net]

Sent: 9/7/2018 5:55 PM

To: jeng@crufit.net



You Asked for More Zumba and You're Gonna Get it!



Zumba w/Adriana Oyarzun
Monday Evenings, 7:00-7:45pm
Starts September 17th

No experience necessary! Zumba® is for everybody and EVERY body. **All ages and fitness levels welcome.**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. You will experience boosted energy and a serious dose of awesome each time you leave class.

Debut class on Sept. 17 is FREE for everyone! SIGN UP

Concept2 Fall Team Challenge
Help CRUfit Build on our



Endurance Rowing Tradition September 15 - October 15

Hey, we only do this 2x each year so let's get fired up!

CRUfit rowers will be competing against rowers around the world during the Fall Team Challenge. The competition is based on total meters rowed. There are no fast or slow meters - just meters. This Fall we are aiming to field a team of 80 to 100 athletes and we will attempt to best our team record of 10.8 million meters which we set during the World Erg Challenge last

Spring. CRUfit has a history of strong results in Concept2's challenges. In the last seven challenges, we recorded one second place finish, four 3rd place finishes and two 4th place finishes in the worldwide health club category. Even if you have a logbook on the Concept2 website and have been part of the CRUfit Team before, you still need to opt in for The Challenge. Here's how to do it:

- Create a Logbook account on the Concept2 website. To create a logbook account: Navigate to [Concept2 website](#), click on LOGBOOK at the top of the page and complete the profile information form. If you already have a Concept2 Logbook account, skip this step.
- Join the CRUfit Team: You can do this on the "Teams" tab while logged into your logbook account (this is different than the "affiliation" you put in when you setup your logbook account). Even if your affiliation is "CRUfit" you still need to join the "CRUfit" team. If you already joined the CRUfit team for an earlier event, skip this step.
- Opt in for the Fall Challenge: It's not enough to be on the CRUfit team. You must also opt in for the Fall Challenge. Concept2 requires you to do this each time you participate in a new Challenge. You can do this on the "Teams" tab while logged into your logbook account.

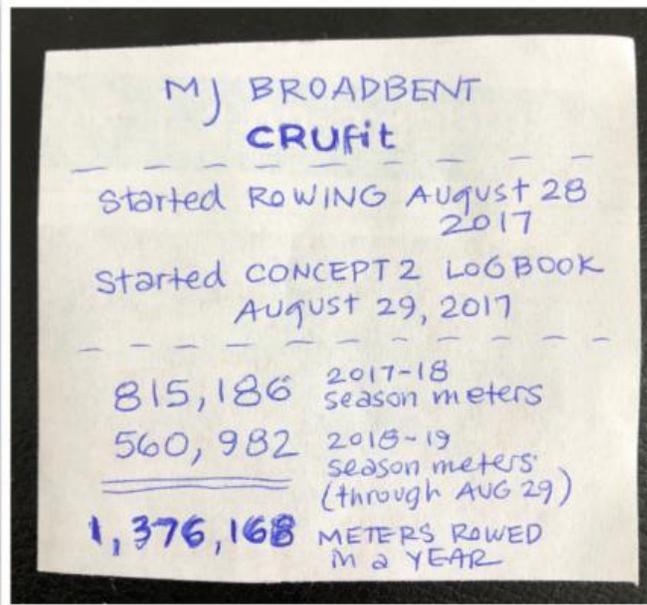
We are urging all Challenge participants to set a personal meters goal for the 31 days during The Challenge period. Here is a quick guide for those who intend to row 20 times during The Challenge period.:

5,000 meters a day = 100,000m
7,500 meters a day = 150,000m
10,000 meters a day = 200,000m
15,000 meters a day = 300,000m

During the Challenge period, we will help you identify your meters rowed after each training session so you can post them in your logbook. Your meters will automatically be tallied for the CRUfit team and we will all be watching the standings.

Let's be ready to go and get off to a fast start on Saturday, September 15th. Come to Mark's class at 7am or Colin's class at 11:30am on the 15th. Plan on coming back on Sunday, September 16th for Open Row at 11am. Let's Go!

Congratulations & Happy One-Year Row-Versary, MJ!!



MJ Broadbent's note above shows her commitment to rowing over her first year at CRUfit. People frequently ask us if they can get fit through rowing. While we'd never say that rowing is all you should do, rowing offers a great balance of full-body cardio and strength training. We present MJ as Exhibit A. Those of us who have trained with her have watched her get physically and mentally stronger. There has also been a big change in body composition. What a great year!

Fitness for Teens After-School Program for Teens & Tweens



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

Afternoons at CRUfit are all about youth fitness. Participants experience a fun variety of activities including: boxing, martial arts, obstacle courses, agility drills, strength training, cycling and rowing. Led by our popular teen instructor Dante Rodrigues.

DETAILS & SIGN UP

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