

DAYBREAK BUZZ

Holiday WOD & Social

We're happy to announce Daybreak's first Holiday WOD and Social. This is also an occasion to celebrate, as we have just surpassed the 100-member mark!

As a thank you to our amazing DCF community, we are catering the social for our members and their families. The details:

What: Team WOD (Mel and Rap will make the teams)

When: Saturday Dec 21st

Time: 4pm to 8pm

Wear: Tacky Holiday WOD Gear

Prizes: 1st, 2nd and 3rd place

Cost: Free to members and families, just bring beverages.

Sign up at the front desk by December 18 to reserve your spot.

Daybreak's Dedicated

Congratulations to Zev for being our first Daybreak Dedicated. This award goes to the member who is most frequently pursuing 'better' (i.e. the most check-ins in the month). Zev won by a good margin over Bill and Jess in November. As a reward,

the winner of Daybreak's Dedicated gets the front reserved parking spot until the next monthly winner is announced.

Who's going to make a run at Zev for December's crown? Make sure you're checking in at the front desk iPad kiosk!

FOR SALE

New Rubber Flooring

Perfect for a kids playroom or home gym, this is the same rubber flooring we have in the box. It is made by Regupol Aktiv and is 3/8" thick x 4' wide. We have two rolls that are each 50' long and we can break them into 25' increments. Price is less than cost at \$1.80/square foot.

New Pull-Up System

So you want kipping or butterfly pull-ups? No better way than to practice them at home! We have two unused pull-up systems that easily mount into wall studs or concrete. They are Rogue P-4 systems and they are priced less than cost at \$140. Details can be found here:

<http://www.roguefitness.com/p4-pullup-system.php> legal disclaimer: hendert a. convalls vet. ventura ca

Healthy Eats To Go!

We've had such an amazing response to our catered Grand Opening that we've decided to make the delicious food that was served available for DCF members. This means you can order individual or family-style meals online and have them delivered directly to Daybreak! They'll be in our refrigerator ready for you after your WOD. Visit www.paleopowermeals.com.

Kids Classes are Coming!

Due to popular demand, we are preparing to launch a DCF Kids class. The class focus will be on fitness fun and games. The kids will also do a scaled down version of the adult WOD. Tentative plans are to have a class Tue and Thu from 4-5pm and possibly a Sat morning class. Please reach out to Mel or Rap if you have interest in enrolling your children.