



# INFORMATION STATION

## February Birthdays:

**Tanya Murtha**

(February 5)

**Austin Weinschenk**

(February 10)

**Shelby Sheehan**

(February 12)

**Joe McDonald**

(February 20)

**Megan Monroe**

(February 23)

## January Statistics

### Top 5 Attendees:

Joe McDonald, Kami Snider, John Miner, Patrick Shelquist, Tanya Murtha

**26 Personal Records**

**424 Class Sign-ins**

## **WELCOME NEW MEMBER!!**

*Megan Monroe*

## **Anniversary:**

Jarod Smith (Feb 17) 2 years

## Upcoming Activities

**February 12:** PCF Intramural Open 2022 Draft! Your team captains will be competing in small events to determine the drawing order. Join us at 10am!

**February 24-March 19:** The Crossfit 2022!!! Teams will have been names and themes will have been chosen. Let the fun begin! Put March 19th on your calendar. This will be the closing TEAM event for the Open. You want as many people from your team there as possible. Friday Night Lights will be starting at 5p on the Fridays during the Open. More info on that later.

**March 5:** 3 Signs You Are Eating Too Little FREE Nutrition Talk. 10am via ZOOM. [Click to Register.](#)

**March 7-April 13:** Barbell Class. This class will be on Mondays and Wednesdays with a focus on the Deadlift and Bench Press with some accessory work as well. It is open to anyone! \$189 to register.

**March 26:** The postponed WODdies event!! Same time, same place, just a different date. We will be making a new sign-up sheet when time gets closer.

**April 2:** Sleep for Success FREE Nutrition Talk. 10am via ZOOM. [Click to Register.](#)



## Chocolate Chip Cookie Dough Dip

1 can chickpeas (15 oz.)  
1 cup old fashioned oats  
3 Tbsp. almond butter  
3 Tbsp. maple syrup  
2 tsp. cinnamon  
1 tsp. vanilla  
1/4 cup water  
1/2 cup chocolate chips

In a food processor, add all ingredients except chocolate chips. Process until smooth. Stir in chocolate chips to incorporate. Serve with carrots, celery or apple slices.

**“Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.” —John Wooden**