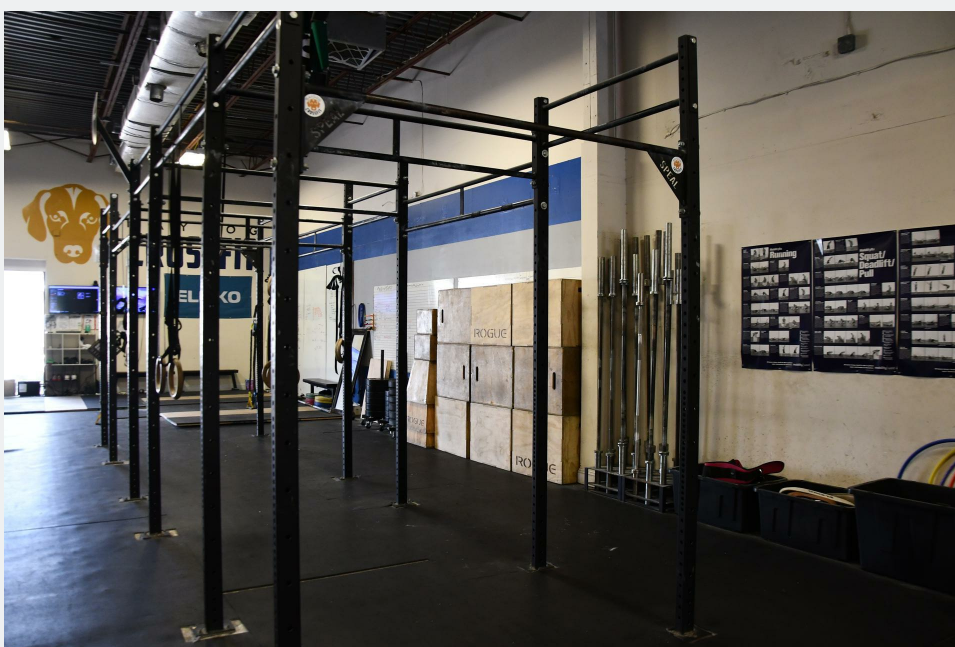




BAYDOG CROSSFIT

410-279-6147
www.baydogcrossfit.com



Dear Baydogs,

Day 17 of a closure due to a world-wide pandemic is a circumstance that would have seemed unimaginable when we opened in 2013. While our days may have changed our **commitment** to your health remains the same. We will do our best to continue to provide you a **community** to support your health and wellness.

Thank you to our members for your patience and your loyalty, now more than ever, we feel your Baydog love and **camaraderie**.

Thank you to our dedicated coaches who are so generous with their time.

Thank you to our Baydog family who serve as first responders, law enforcement, fire services, emergency medical services, educators, emergency management officials, and all essential employees.

Thank you for being a part of the pack!

#runwiththepack

#baydogstrong

#bettertogether



The SUPPORT YOUR LOCAL BOX FUNDRAISER is a CrossFit event for the benefit of CrossFit affiliates affected by COVID-19 around the globe.

The temporary closures and distance between us cannot keep this community apart. Now, the entire CrossFit community has an opportunity to come together in support of our affiliates.

#community

Event Format

Over a three-week period, CrossFit will release three classic and accessible workouts that can be performed by participants of any ability level. Everyone who participates will have their name displayed on the community leaderboard and will be able to create smaller leaderboards among friends, family, and other members of their affiliate using leaderboard hashtags.

Registration will take place on **games.crossfit.com/open** beginning on or before Wednesday, April 1, and will remain open for the duration of the competition. The first workout will be released on Friday, April 3.

How to Get Involved

Anyone can participate in the **Support Your Local Box Fundraiser. Payment is not required.** We understand that many face financial difficulties at this time and want everyone to have the opportunity to participate without barriers. Your participation is, in itself, a strong form of support and encouragement to the affiliate community.

When you register, you will have the option to **select a contribution amount ranging from \$20 to \$1,000 or participate at no cost.** Participants can also select the affiliate they would like to receive their contribution. When the competition closes, the proceeds will be distributed to affiliates in accordance with their roster of supporters. CrossFit, Inc. will distribute all registration funds to the designated affiliates.

How to Contribute

Every CrossFit affiliate, trainer, and participant has been impacted by COVID-19, but we recognize some gyms will have greater needs than others in the coming weeks and months. All participants can use social media to direct and encourage contributions to their own affiliate or another affiliate in the community that needs our help.

This is also an opportunity to rally family and friends to participate in this accessible event.

#camaraderie

Support Your Affiliate: If your affiliate is in great need, select your affiliate in the registration process to have your registration pass directly to your box.

Support a Box in Need: If your affiliate is in a relatively strong position, this is an opportunity to support those less fortunate by partnering with a box or boxes in the hardest hit areas and channeling aid to them.

Find a Box: If you're new to CrossFit, would like to participate and contribute, but don't know which box to support, you can use the map to find a box near you or in your hometown.

For all of us, this is also a chance to share the benefits of CrossFit with friends and family. Not only do we have an opportunity to raise funds for affiliates and trainers in need, but we can use this charitable event to bring CrossFit into the garages and living rooms of our loved ones.

We encourage everyone to share the free and accessible scaled versions of the event workouts with those in their lives for whom this could be an entry point into improving their own fitness and health as part of the global CrossFit community.

#commitment

Note: Registration fees and additional contributions to the Support Your Local Box event are not tax deductible.



Thank you for joining us **ONLINE via ZOOM** details for members can be found in your **WODIFY** account

- Monday and Wednesday 5pm** Coach Jeff Barnosky
- Tuesday and Thursday 7am** Coach Patrick
- Tuesday 6pm** Coach John
- Thursday 6pm** Coach Tim
- Saturday and Sunday 9:30am** Coach Jeanette

NEW MEMBERS ONLY!

BAYDOG UNLEASHED

A FULLY ONLINE HEALTH COACHING
AND AT-HOME WORKOUT PROGRAM



COMMUNITY: ACCESS TO AT-HOME
WORKOUTS

CAMARADERIE: AVAILABILITY TO
CONNECT VIA ZOOM IN YOUR WODIFY
ACCOUNT

COMMITMENT: ACCOUNTABILITY WITH
OUR BAYDOG HEALTH COACH

What is **Health Coaching** and **Why** do we need it **Now**?

Health coaching provides accountability with a certified professional and access to credible resources that foster the development of our dimensions of wellness. Especially during a time of change and uncertainty, health coaching can help individuals keep their health behaviors stable and balanced.

Current Members

You will find this information in your WODIFY account starting **April 1st** as part of your "Baydog CrossFit COVID-19 Care Package".

New Members

Join our Pack here!

<https://baydogcrossfit.com/programs/baydog-unleashed/>

SIGN UP



FROM ME TO YOU

TERRITORY

Use **CODE: BAYDOGCF** and receive \$50 OFF two meal orders
Baydog will use our credit to send meals to those in need during this time

To adapt and better serve your needs and improve how Territory can help during these uncertain times, they have launched new options to get fresh food delivered:

Order by phone: Place orders with our new phone ordering feature. We want to make sure everyone has access to delicious, fresh food. Dial (213)344-0755 and select “2” on your phone to speak to a representative who will help get orders taken and meals delivered.

Expanded meal plans: It’s easier than ever to have all of your meals covered and always within reach. You can choose 10 or 18 meals a week while saving money too.

Family-Style meals: Our expanded A La Carte options give you more when you have more people to feed. Stress-free options for the whole family that both kids and grownups will love. They’re healthy, delicious, and ready in minutes.

Grocery Boxes: Fresh produce delivered to your doorstep, contact-free. DC, Philly and NYC will see this available for ordering starting next week!

<https://baydogcrossfit.com/programs/nutrition/>

Place An Order



[Getting Started](#) [Programs](#) [Pricing](#) [Covid19 Updates](#)

[Schedule Consult](#)

[Menu](#)

Covid19 Updates

We will use this for any updates and changes due to the Covid 19 Virus.

Currently we are CLOSED, but are offering Baydog ONLINE. Please see your WODIFY account!

OUR WEBSITE

www.baydogcrossfit.com

has been updated with important **COVID-19** information with a link to the
Center of Disease Control

Until we are together again, remember Baydogs...

“For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack. ”

- Rudyard Kipling



B A Y D O G
CROSSFIT



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