



# BAYDOG CROSSFIT

410-279-6147  
[www.baydogcrossfit.com](http://www.baydogcrossfit.com)

Join us all week! Fully online,  
at-home workouts, minimal  
equipment required.



Monday and  
Wednesday  
5pm

Tuesday and  
Thursday  
7am and 6pm

Saturday  
and Sunday  
9:30am

Dear Baydogs,

We've made it to day 25.

We hope our Baydog **community** is well, we value the **camaraderie** and seeing your faces on Zoom, and our **commitment** to your health and wellness remains our purpose.

This week's newsletter brings you these things:

1. CF HQ's **Support Your Local Box** details, in case you missed it
2. **FitAid and Territory** fundraisers and donations
3. **Health Coaching** and **Scholarship**

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



### **The SUPPORT YOUR LOCAL BOX FUNDRAISER**

is a CrossFit event for the benefit of CrossFit affiliates affected by COVID-19 around the globe.

**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.**

### **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 IS OPEN NOW** on **games.crossfit.com/open** and will remain open for the duration of the competition.

### **How to Get Involved**

Anyone can participate in the **Support Your Local Box Fundraiser. Payment is not required.** When you register, you will have the option to **select a contribution amount ranging from \$20 to \$1,000 or participate at no cost.**

**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.

**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.**

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

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# 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

### **Baydog Unleashed Health Coaching and Scholarship Fund**

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**

**Your password** to log into our website will be in WODIFY under comments in Friday's (4/10/2020) WOD. Please encourage new members to join! We hope it serves you well during this challenging time! You will have access all month.

### **New Members**

**A PORTION OF THE PROCEEDS FOR THIS NEW PROGRAM WILL SUPPORT A STUDENT ENROLLED IN A HEALTH SCIENCES PROGRAM AT AACC.**

Join our Pack here!

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

SIGN UP





### Say Hello to Territory Grocery


Access to fresh produce—delivered contact-free—so you can stay stocked up on the food you need. Produce boxes with a variety of fruits, vegetables, and herbs. It's great for the whole family—and saves a trip to the store. Shipments include 15+ pounds of produce for only \$60 per week. And, always FREE shipping!

**Use CODE: BAYDOGCF and receive \$50 OFF two meal orders**

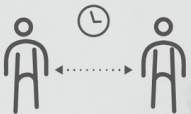
**Baydog will use our credit to send meals to those in need during this time  
IF YOU KNOW SOMEONE IN NEED, PLEASE LET US KNOW!**

**WE'VE ADDED EXTRA  
SAFETY PROCEDURES  
IN RESPONSE TO THE  
COVID-19 OUTBREAK**


[learn more](#)



Employee  
health  
screenings



Staggered  
break times to  
reduce contact



Wiping down all  
surfaces every  
30 minutes

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

Place An Order



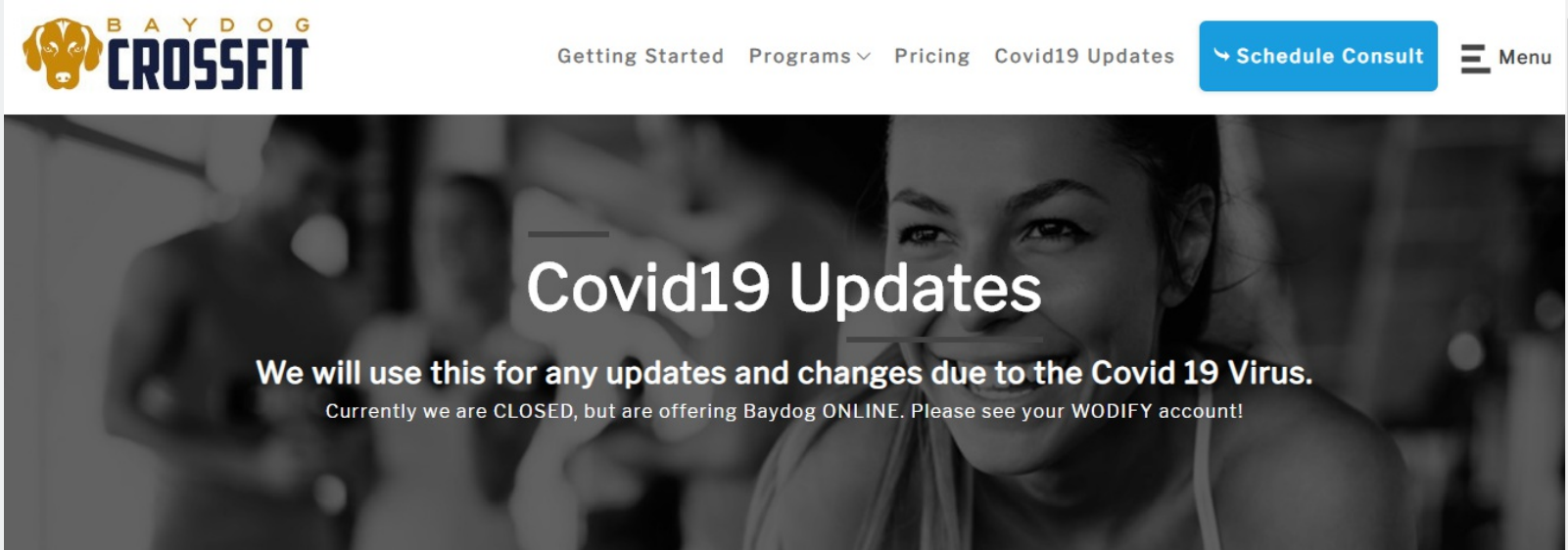


### LIFE AID

will donate \$15 cash for every 24-can purchase made by our loyal members when you shop under **Baydog CrossFit at LIFE AIDLIFT.com**.

**BONUS:** members will receive \$5 OFF/case shipped to directly to your doorstep. It's a win-win.

**SHARE this link: [www.LIFE AIDLIFT.com](http://www.LIFE AIDLIFT.com)**



### OUR WEBSITE

[www.baydogcrossfit.com](http://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 keep your Baydog chin up because the strength of the pack is the wolf, and the strength of the wolf is the pack...**

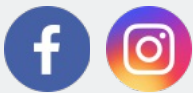




**Thank you to our dedicated coaches** who are so generous with their time.

**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**





Robly



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