



B A Y D O G
CROSSFIT

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www.baydogcrossfit.com



Baydog CrossFit

MAY 2020

Thank You

Dear Baydogs,

We've made it to May in quarantine.

First and foremost, **we want to thank you** for your unwavering dedication to ensuring that we all have Baydog to come back to when the stay at home order is lifted (hopefully the beginning of June).

Current members, please see **Baydog Central** for more information and your **MEMBERS ONLY** link on our website (your password is in Wodify).

We hope you and yours are staying active, staying sane, staying home, and connecting with your loved ones in your best socially distant way.

Very Respectfully,
Your Baydog CrossFit Family

Please continue to **JOIN US** online.
Your **ZOOM** information can be found in **WODIFY**.
THANK YOU to our **dedicated coaches** who are volunteering their time to provide us
with
COMMUNITY, CAMARADERIE, and COMMITMENT.

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**

Did you know **May is National Foster Care Appreciation Month?**



We are so proud of **Baydog Coach, Jeff Barnosky**. Please support his great family and a wonderful cause.

Get all the details on the “**Barnosky Bike Shed**” below..

We gift donated bicycles, tricycles, bike accessories such as baskets and bells and bike helmets to children in foster care. We found that too many kids (of all ages) in care did not have a bike or had never owned or rode a bike. We want to change that! Bike riding is not only a skill, but also physical exercise and a positive activity that we can encourage kids to get out and do. With your gently used and new and monetary donations we proudly serve the foster care community!

We ask 3 things when you use Barnosky Bike Shed:

1. The bikes and helmets go to children in Foster Care.
2. Kindly send us a photo ASAP from the back of your child with the bike and helmet for us to post. (If you are comfortable doing so!)
3. You foster bike safety by encouraging wearing a helmet.

Pick up is in Glen Burnie, MD 21061

Unfortunately, we have encountered folks not showing which has resulted in bikes unfortunately not being given to those who also wanted it at the time. Therefore, we will not hold bikes for more than 24 hours.

-Jeff and Katie Barnosky

Did you know that the **American College of Sports Medicine** features May as **Exercise is Medicine month**?
(May is a busy month!)



Both John and Nicole Reed are Professors of Exercise Science at Anne Arundel Community College and the Community College of Baltimore County. Both campuses are nationally recognized as **ACSM Exercise is Medicine** institutions.

Check out this podcast to learn more about living longer better during COVID-19.

https://www.aacc.edu/newsroom/define-u/episodes/episode-18/?fbclid=IwAR06_-l6Bzu1B9m8r0Y2cDhNOq1rLrLabzrbY0L7r8GS1bru2vGJrsaB6Y



If you know someone that could benefit from our program, please encourage them to join our pack!

A portion of the proceeds for this new program will support a scholarship fund for student's enrolled in a Health Sciences program at Anne Arundel Community College.

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



This program will give members access to our health coaching resources that address your dimensions of wellness and provide information and support for a healthy lifestyle.

Additionally, members will receive our fully ONLINE at-home workouts that require minimal equipment and provide ZOOM opportunities to meet other members and gain a sense of community!



Nicole, her husband John, and their family of business partners are the proud owners of Baydog CrossFit located in Severna Park, MD. She is a Professor at Anne Arundel Community College and teaches for the Health, Fitness and Exercise Studies department. Nicole believes that exercise is medicine for our mind and body and values the community of CrossFit members at Baydog that support each other's growth in every dimension of wellness. Nicole and John have 3 children and enjoy spending time outdoors.

She holds a B.S. in Education and a M.Ed. in Counseling.

Her additional certifications include:

American Council on Exercise Personal Trainer, Health Coach, Group Fitness Instructor and Sports Conditioning Specialist

For additional health coaching support, email Nicole at nreed@baydogcrossfit.com

