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# NEW YEAR, NEW YOU !

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**2017, the wolf pack is here.**



Greetings wolf pack ! As we welcome a new year, we would like to mention several significant notes to consider :

- We want to thank you first and foremost for trusting us with your health and wellbeing. Be assured that we work around the clock to improve our methods of coaching, we won't settle for anything but the best training conditions at Wise Wolf .
- We welcome all your comments and suggestions so please make sure to let us know if you have any concerns and ideas that can improve the

The Pack started growing since day 1 , moving forward to 2017 we look forward to expanding our family members .

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overall experience at your 2nd home “The Wise Wolf Box”.

• **we hope you are getting used to ZenPlanner by now :**

1. Sign up for your classes and checkin as you attend them
  2. Log in your numbers after your sessions (weights, reps , times )
  3. Monitor the Leaderboard everyday to see who’s outperforming the rest of the pack ;)
- We have some pretty cool merchandise coming in soon (we’ll keep the details for later as a surprise but get ready to wear your favorite wise wolf T-shirts soon)
  - We’re starting a weekly outdoor run on the corniche every **Friday morning 8 am**. It will be available on ZenPlanner so if you are up for it, sign up and show up !
  - We are planning an in-house weight loss competition so stay tuned to that , meanwhile make sure to take before and after photos because we will gladly share your success stories with the rest of the community :)
  - We are having special offers soon for referrals , so bring in a friend and you both will get extra membership weeks added!
  - We will host our first CrossFit Open workouts this year , make sure to register and ask your coaches more about it! It will be loads of fun .
  - <http://games.crossfit.com/about-the-games/the-open>
  - <http://games.crossfit.com/front>
  - Please make sure to like , share and give us a 5 star rating on all social media portals .
  - <https://www.instagram.com/cfwisewolf/>
  - <https://www.facebook.com/cfwisewolf/>
  - <https://twitter.com/cfwisewolf>
  - <http://crossfitwisewolf.com/>

**We are taking 2017 by storm & we want every member of the pack to be on board .**

**Team Crossfit Wise Wolf .**