

BEDLAM BEAT

March 2019



WELCOME!

Welcome to the Bedlam Beat! We are very excited to announce that every month, we will be releasing a newsletter with updated information about upcoming events, important dates, and celebrations happening at Bedlam and what's new in the CrossFit community. Page two will always include a calendar, monthly birthdays, and challenges. Enjoy!

CELEBRATIONS

Redrum Takes the Super Selfie Victory; Navy Seals in the Lead Overall



Congratulations to Team Redrum as they took away the 1st place win for the Open's first week super selfie challenge. They might

have succeeded in this category, but it was the Navy Seals who walked away with the overall first place standing exceeding in the other categories. Way to go everyone! We are looking forward to seeing how the rest of the challenges turn out! Don't forget to keep submitting your scores on time and participating in challenges to earn your teams maximum points!



Bedlam's Newest Members!

Say hello and introduce yourself if you see these faces!



CROSSFIT NEWS

The Final Open

Another year has begun and with it has come "The Open," the last as we know it at that. The open is a world wide fitness competition where You compete against You. Yes, the leader board will let you see how you stack up against some of the fittest in the world, but more importantly it lets you see how you compare to last year's version of you. As you know, we are hosting an in-house Open where we have split into 4 teams and are competing over the 5 weeks with 3 scoring opportunities; attendance, performance, and community. Every Friday for 5 weeks (Feb 22nd, March 1st, March 8th, March 15th, March 22nd), we will continue to complete the workouts. Just like last year we will have a DJ, Beer, Food and plenty of PR's. Much more info to come, but be sure to check out games.crossfit.com for more information.



Teams & Coaches:

Team Redrum— Stina & Gabe
Navy Seals— Mitch & Witte
Gold Squad— JA & Squares
Silver Slayers — Cass

Congratulations to Emmanuel Martinez and Cassandra Trevino for taking the lead for the RX division after week one, and Jessica Velasquez and Tim Garcia for leading the scaled division. You guys are doing great! Thank you all for calling Bedlam Home.

BEDLAM COMPETE

The Fittest Experience

TFX is the largest functional fitness competition in the south, and many athletes completed the online qualifier workouts in January. Congratulations to everyone who qualified in their divisions! We look forward to seeing those who qualified compete in Austin May 3rd– May 5th thefittestexperience.com



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BIRTHDAYS

- 1 **Naveen Kella**
- 6 **Eduardo Martinez**
- 8 **Jesus Padilla**
- 16 **Brandon Becker**
- 17 **Shriya Shriya**
- 18 **Lindsey Leblanc**
- 18 **Paul Walski**
- 22 **Matthew Wimpee**
- 23 **Andrew Lopez**
- 23 **Jose Zavala**
- 30 **April Tijerina**

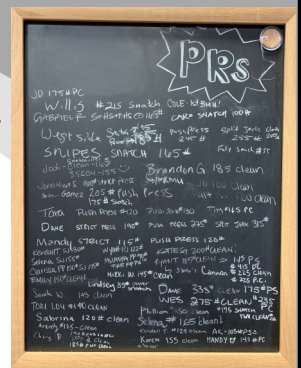
NEWS & NOTES

60 Day Challenge

The 60 Day challenge is still underway! Take a look at the calendar for important dates regarding post 60-Day testing. The male and female that have the greatest difference in body fat % will be deemed winners and get some fabulous prizes!

Monthly PR's

The monthly PR board for February filled up fast! Keep writing down your PR's and challenge times! We love seeing your growth and hard work! Way to go!



MONTHLY CHALLENGE

**YES
YOU
CAN!**



50 Thrusters for time
RX (115/75) Scaled(95/65)



MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 19.2 @ Bedlam	2
3 Closed	4 Submit Open Scores by 8pm	5	6	7 Open Announcement 19.3 @7pm	8 19.3 @ Bedlam	9
10 Closed	11 Submit Open Scores by 8pm	12	13	14 Open Announcement 19.4 @7pm	15 19.4 @ Bedlam	16
17 St. Patrick's Day Closed	18 Submit Open Scores by 8pm	19	20	21 Open Announcement 19.5 @7pm 60-day testing with Body Analytics 9am-12pm	22 19.5 @ Bedlam and End of Open BBQ 60-day testing with Body Analytics 4pm-7pm	23 End of 60 day challenge!
24 Closed	25 Submit Open Scores by 8pm	26	27	28	29	30
31 Closed						



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