



Driftless CrossFit <info.driftlessfitness@gmail.com>

January 2026 Driftless Newsletter

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To: Jen Pinnow <info.driftlessfitness@gmail.com>

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January 2026

I'm excited to officially share that I am the new owner of Driftless CrossFit!

A huge thank you to our coaches and members who continue to make it such a special place. I am proud to carry it forward and grateful to be a part of this community. I would also like to thank Jason Vaughn for his years of dedication as owner of Driftless CrossFit, his commitment helped build the strong, welcoming gym we all enjoy today.

I'm excited for what's ahead and can't wait to continue growing this community with all of you!

What's staying the Same

- Class schedule
 - M-F
 - 5 am (MWF only, 6 am, Noon, 4:45 pm, 5:45 pm)
 - Saturday
 - 9 am
- Programming
 - We will continue to use HWPO programming.

Lobby Updates

We hope you've had a chance to see and experience the recent updates to the lobby. Our goal was to create a welcoming space where you feel comfortable and at home from the moment you walk in.

The lobby is intended to be a space for our members to connect. Come a little early, stay after class, and enjoy each other's company—play a game of cards, watch a show, grab a cup of coffee, or simply hang out.

Keeping the Gym Clean

To keep Driftless safe, welcoming, and enjoyable for everyone, we ask for your help in following a few simple guidelines:

- **Change into clean gym shoes** once inside the lobby, especially during winter months.
- **Wipe down equipment** after use and clean up any spills or messes promptly.
- **Keep common areas tidy**, including the lobby, bathrooms, and kids' areas.

- **No dogs in the building.** We know many of you enjoy bringing pets, and we appreciate your understanding as we prioritize safety, allergies, and cleanliness

Thank you for helping us take care of the space and each other!

Guest Drop Ins

We would love to have your friends and family join us at Driftless CrossFit. Members can bring guests to class at a **special rate of \$10** (compared to the standard \$20 drop in rate).

If you know that you are bringing a guest, please let us know ahead of time so we can plan for class. Guests will need to complete a waiver and pay the \$10 drop in fee through Wodify. You can use this [link](#) or scan the QRs codes posted in the gym.

Guests will be generally limited to class times. If you would like to invite someone to open gym, please reach out to us in advance so we can accommodate.

Community Workout

Mark your calendars for **Saturday, 1/24!** We're hosting a community workout that won't count toward your membership limit.

Feel free to **invite friends, family, and coworkers** — attendance is **FREE for guests**. It's a great way to share the Driftless experience and celebrate our community!

Cameras and Door Locks

To help keep our 24/7 facility safe, we have installed **video cameras** throughout the gym. Your safety and security are a top priority.

For additional safety, the **doors will now be locked more frequently**. Current access windows are:

- Monday–Friday: 4:40 am–6:15 am and 4:20 pm–6:05 pm
- Saturdays: 8:30–9:15

Outside of these times, the doors will remain locked.

Noon class will continue to run as scheduled. A coach will be available to let punchcard members in.

24/7 members: Please have your PIN ready outside of access hours. If you are unsure what your PIN is, reach out and we are happy to help!

Thank you for helping us maintain a safe environment for everyone!

Are you the last one leaving the gym?

If so, please turn off:

- **Lights**
- **Music**
- **Fans**

Thank you! We really appreciate your help.

Products for Sale

We will continue to have FitAid, Amino Energy, Protein Bars, and Supplements for sale at the gym.

How to Purchase:

- **Record your purchase** on the clipboard in the gym with:
 - Name
 - Product Name
 - Price per product
 - Total Expense
 - Check if payment will be through Wodify or Venmo

Payment Options:

- **Wodify** - Charges will be added to your next membership invoice. They will be on the SAME transaction and Wodify fees will apply.
- **Venmo** to @driftlessfitness last four x2204 (please note the new Venmo account).

10 Product Punchcards are available:

- Cost: **\$27**
- Can be used to purchase any of the \$3 products FitAid, AminoEnergy, and Protein Bars

New Coaching Staff

We're excited to **expand our coaching team!**

Carmel Lahr and **Laura Runkel** will be attending **CrossFit Level 1 training** in February. They'll be shadowing classes throughout January as they prepare to officially join our coaching team. We can't wait to welcome them!

Justin Blaskowsky, one of our members, will also be stepping in to coach a few classes in January. Justin has his **Level 1 certification** and over **8 years of CrossFit experience**. We're grateful for his help in supporting our community!

Any questions?

If you have any questions, please reach out! Email info.driftlessfitness@gmail.com.

Sincerely,

Jen Pinnow

Owner, Driftless CrossFit