



Driftless CrossFit <info.driftlessfitness@gmail.com>

February 2026 Driftless Newsletter

1 message

Driftless CrossFit <info.driftlessfitness@wodymail.com>

Sun, Feb 1, 2026 at 7:17 PM

Reply-To: info.driftlessfitness@gmail.com

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



February 2026

Events on 2/14

- 8 AM: Seminar with Jake Dorshorst from Dynamic Performance and Therapy. [RSVP Preferred](#), Walk-ins Welcome. FREE.
- 9 AM Class: Bring a Friend
 - If bringing a guest, please arrive a few minutes early to give guest time to sign waiver (FREE).

WiFi

- Network: Driftless CrossFit Guest
- Password: driftless

Previous Communication

- [Click link for previous Newsletters and Gym emails](#)

Apparel Order - Due 2/8

Here is the link for the [Driftless CrossFit Apparel Order Form](#).

Items Available: Tshirts, Sweatshirts, Full Length Tanks, Cropped Tanks, Driftless CrossFit Open Tshirts

CrossFit Open - Friday Night Lights

We will be having Friday Night Lights on 2/26, 3/6, and 3/13. All current members are on a TEAM; and we would love to see each of you at at Driftless each Friday Night! If you did the workout earlier in the today, come to cheer on the heats!

Theme Reminders:

2/27: Country vs. Country Club

3/6: Team Colors (Communication should come from your captain!)

3/13: Driftless!

Any member is welcome to workout on Friday Nights. This will NOT COUNT as a class towards the limited memberships/punchcards.

*More information available at the gym and sent in previous email.

Coaching Staff Expanding Again!

We are so excited to share that **Will Griffin** will be joining our coaching team in February. Will has his CrossFit Trainer Level 2 Certification and a wealth of knowledge and experience.

We're also happy to share that **Justin Blaskowsky** has decided to continue coaching a few classes each month.

We are thrilled to have both Will and Justin on board!

Member Events and Competitions

Check out the new communication board in the gym. We have a few members with upcoming events and competitions. Be sure to wish them luck or go cheer them on!

If you or another member has an upcoming event or competition, please let us know via email or text so we can support you.

HWPO Programming News - NEW TRACK

HWPO has just announced that a new bodybuilding track will be available starting February 23rd. That is all the information we have for now. But, we will add this track to the Wodify for the unlimited members and add an Open Gym section on the available days of the week starting 2/23.

Lobby

- Coffee Bar
 - Complimentary coffee for the gym or to go
 - Fridge/Microwave
 - Available for member use
 - Please limit fridge storage to single-day use
 - TV
 - Has Netflix available
 - Feel free to log into own accounts
 - Can Recycling
 - Cardboard bin available in lobby
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Lockers

We would like to keep record of who is using the lockers, so please ask before grabbing an empty locker.

Additionally, we ask that you please keep the tops of the lockers free of storage and equipment.

Lost and Found

There is a lost and found in the tall wooden shelving unit under the TV. Items that are accidentally left out or behind will be placed in the lost and found.

Showers

Couple of notes on the showers.

- Driftless CrossFit will provide Shampoo, Conditioner, and Body Wash.
 - It is labeled "Driftless"
 - Other items belong to members
 - Please use the "Clean Shower" daily shower clean to spray down the shower after each use. This will help to keep the showers clean.
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Changing Table Storage

Families of littles that would like to keep a few diapers or wipes on hand at the gym are welcome to use the space under the changing table. Please be sure to label your belongings.

Maintenance/Cleaning

If you notice that something in the gym needs attention (equipment issues, facility concerns, etc.), please let us know. You can:

- Text 608-790-2204
- Email info.driftlessfitness@gmail.com
- Add note to clipboard by laundry room

This helps us respond quickly and keep the gym running smoothly.

Thank you for helping us take care of the space!

Any Questions?

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

Sincerely,
Jen Pinnow
Owner, Driftless CrossFit