



Driftless CrossFit <info.driftlessfitness@gmail.com>

March 2026 Driftless Newsletter

Driftless CrossFit <info.driftlessfitness@wodymail.com>

Sun, Mar 1, 2026 at 7:17 PM

Reply-To: info.driftlessfitness@gmail.com

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



March 2026

Upcoming Events

- 3/6 Friday Night Lights
 - Dress up: Team Color
 - AMREP - Black
 - PM PowerHouses - Green
 - Food Donation: Breakfast Items
 - Team Challenge: Bearhug Sandbag Hold
- 3/13 Friday Night Lights
 - Dress Up: Driftless
 - Food Donation: Canned Items
 - Team Challenge: Vote on Instagram'
- 3/21 She Strong
 - [Facebook Event Page](#)
- 5/22 SAVE THE DATE
 - Memorial March: 5 Mile Walk/Run/Ruck
 - 5:30 PM

WiFi

- Network: Driftless CrossFit Guest
- Password: driftless

Previous Communication

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

Heads Up for Our Noon Crew 🌞

Starting in March, any noon class with zero sign-ups 30 minutes before start time will be canceled.

If noon works best for you, make sure you're signed up ahead of time so we know you're coming! Your early registration helps us plan coaches and keep classes running consistently.

We appreciate your understanding!

Something New at 5:45 PM 🎧 (Mondays and Thursdays only)

Beginning March 16, the 5:45 PM class on **Mondays and Thursdays** will transition to a HYROX-style training class called **Hybrid Strength and Endurance**. The class will use HWPO HYROX programming.

With lower attendance in this time slot and growing interest in HYROX-style training, we're piloting this format for several weeks to gauge turnout and interest.

All other 5:45 PM classes (Tuesdays, Thursdays, and Fridays) will remain CrossFit as scheduled.

Sign up, try it out, and let us know what you think!

She Strong: Empowering Women in Their Wellness Journey: [Facebook Event Page](#)

What: Engage in insightful discussions that broaden perspectives!

Who: All Women! Open to the public, members and non-members.

When: Saturday, March 21st 10 am - 4 pm

Where: Driftless CrossFit

Registration: \$45, please register at [this link](#).

*Childcare available upon request. Please email info.driftlessfitness@gmail.com after registering to request childcare.





Week 1 of the Driftless CrossFit Intramural is (Almost) in the Books!

It was great to see so much energy in the gym! We are looking forward to the next 2 weeks.

Week 1 Shout Outs:

Best Dressed: Marcus P

Spirit of the Open: Jenna S

Performance Bonus: Sarah J, Patrick Mc, and Jordan G

Week 2 Information

- Dress Up - Team Color
 - AMREP - Black ♥
 - PM PowerHouses - Green ♥
- Team Challenge
 - Bearhug Sandbag Hold
 - Must be done in the gym and OUTSIDE of class time
 - Each team member may enter once a day Monday - Thursday
 - Men 100#/Women 75#
 - Must keep sandbag above hip crease
 - No readjusting hands/arms during hold

Exploring Partnership with Dynamic Performance and Therapy

If you haven't completed the survey yet, we request that you do. We would like to hear from our members and what their needs and interests are related to Physical Therapy and Personal Training. Thanks!

Please see the message below from Jake Dorshorst:

Driftless Crew,

We're exploring adding dedicated on-site hours for movement assessments, physical therapy, and personal training inside the gym. This isn't about rehab or "fixing injuries." It's about helping you:

- Train more consistently
- Move better
- Build strength intelligently
- Stay ahead of setbacks

If you could take 3-5 minutes to answer these honestly your input will help shape what we build!

[DRIFTLESS PERFORMANCE SUPPORT SURVEY – Fill out form](#)

Nominate for Best of La Crosse County

We would love to be nominated for the Best in La Crosse County.

Health and Wellness (2 different categories)

- CrossFit/High Intensity Training
- Gym

If you think Driftless CrossFit is the best and you are willing to nominate, please do so by March 9th:

[Nomination Link](#)

Coach Appreciation

We would like to thank Coach Hannah for the time, energy, and care she has given to our members over the years.

While this isn't necessarily a goodbye, Hannah will no longer be regularly scheduled for coaching moving forward. We are grateful for the impact she's made here and wish her all the best in what's ahead.

Any Questions?

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

Sincerely,

3/3/26, 6:08 PM

Gmail - March 2026 Driftless Newsletter

Jen Pinnow
Owner, Driftless CrossFit