



It's about Serenity. Get there.

In my early recovery I was taught that in order to experience the promise of serenity I had to achieve a true balance between body, mind, emotions, & Spirit. In order to move closer to that vision I embraced certain principles in my life that were transformed into miracles through action. I learned these principles in 12 Step.

While we find our path in recovery and share it with others let's focus action and get fit. We can have fun, enjoy a unique fellowship, and share our lives together exploring something great, celebrating us.

One of my favorite teachers in my early recovery said one thing that greatly impacted my program of recovery:

*"We do what we value & value what we do"*

This is a program of action. Pure and simple.

So, why join our CrossFit 575 Club? Because we believe in action and fun for the benefit of our Spirit. We believe that the Spirit becomes strong as the body becomes healthy.

Let's share our time & our serenity knowing that

*Spirit is forever. - Brandon Beckman*

