

THE GRIND

9711 GREEN PARK INDUSTRIAL DRIVE
SAINT LOUIS, MO 63123
THEGRINDFS.COM 314-393-1345

We hope everybody had a great winter! The snow and cold temperatures couldn't keep us down. We stayed busy training over 45 teams and all of our general clients! We are looking forward to what spring will bring us!

Happy Anniversary to Us!

We recently celebrated our one-year anniversary in December, and we thank everyone for their support! You have all helped spread the word and have supported and encouraged us every step of the way. We appreciate it more than you'll ever know. One year down, and many more to come!

What's Happening?

The Grind Athlete classes are growing! We now have athletes from various sports including football, basketball, baseball, volleyball, soccer, ice skating, tennis, lacrosse and swimming! We have also added a new session of Youth Grind Athlete for kids 14 and under! If you are looking for sports training, stop in or call us today.

The Grind isn't just for athletes! We offer small group classes, personal training, and semi-private training sessions. Whether you are just looking to tone up or make a lifestyle change, we have something for everybody!

Upcoming!

- We will be doing a THEME DAY for all clients and trainers! Everyone who participates will be entered in a raffle for \$\$\$\$. More details to come!
- We are now accepting applications for summer interns! Email the grindadmin@the grindfs.com



Upcoming Events

May 14

Hillsboro Speed Camp
(@ Hillsboro High School)

May 27

Youth Sports Camp
(Contact for more details)

June 1

Youth Football Camp
(@ Festus High School)

Important Announcement

The deadline to register for our Youth Summer Camp is May 26th! Right now, you can sign up for \$150/week!! If you sign up after May 1st it will be \$170/week!








Welcome to The Grind!

We would like to welcome Josh Ward to our team! He joined our facility during winter 2018 as an intern and as of March he is officially a trainer! Josh specializes in soccer specific training, but is also available for any other type of sport, general clientele, or group training! Some of you may have even seen him on the news lately! He is a part of a local soccer organization whose mission is to educate, promote, and eventually stop human trafficking in Saint Louis! Check out the segment! <https://fox2now.com/2019/03/11/local-soccer-club-raises-awareness-on-human-trafficking-in-st-louis/>



Shout Outs!



-  Congrats Cherrie Troll! She is down 20lbs! Keep up the great work!
-  TESL 16 Red took 1st place in March Mayhem! Awesome job ladies!
-  Zach Steinberg for breaking career record for rebounds on Senior Night! (582) Way to go!
-  Anna Quinn for making the Junior World's Team and becoming a junior national champion!
-  Lutheran South Boys and Girls Basketball Teams for making it to the district championship game!

Recipe of the Month: *Cauliflower Pizza Crust*

Ingredients: 1 head cauliflower (stalk removed), 1/2 cup of shredded mozzarella, 1/4 cup of grated parmesan, 1/4 teaspoon dried oregano, 1/2 teaspoon kosher salt, 1/4 teaspoon garlic powder, 2 eggs (lightly beaten)

Directions:

- *Preheat oven to 400 degrees and line a baking sheet with parchment paper.*
- *Break cauliflower into florets and pulse in a food processor until fine. Steam in steamer basket; drain well; let cool.*
- *In a bowl, combine all ingredients. Transfer to the center of the baking sheet and spread into a circle, resembling pizza crust; bake for 20 minutes.*
- *Add desired toppings and bake an additional 10 minutes.*

BIRTHDAYS

Nathan McWhorter: 4/2

Luke Schueber: 4/3

Nick Krodinger: 4/13

Max Luna: 4/19

Riley Clancy: 4/24

Joe Becker: 4/25

