

THE GRIND

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BETTER THAN YESTERDAY

Rock N Roll For Refuge Charity Event

Many of you may remember our Charity Kickball Tournament from the summer, and that the charity we played for was The Covering House. Well, on October 5 they will host their 5th annual Rock 'N Roll for Refuge!! It's a really fun evening filled with dancing and music provided by Motown Review. Tickets include entry, heavy appetizers and cocktails. Chris and Lauren Pronger are the co-chairs of this year's event. All proceeds will go directly to The Covering House. Everyone is welcome!

Where: The Old Rock House- 1200 South 7th Street St. Louis, MO 63104

When: Saturday, October 5th 7pm-11pm

\$75 General Admission or \$115 VIP Admission

Team Training

The craziest time of year has begun here at The Grind! Last year we had over 45 teams. This year it looks like we will have even more! If you have or know a team that could benefit from sport-specific team training, please reach out to us. It's not too late to sign up! Our focus is to increase overall athleticism. Working within a group setting encourages young athletes to inspire others, and teaches them about leadership, teamwork and accountability. The program is designed to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence.

October Small Group Pricing

We are excited to announce that we will continue our small group discount through October! All current and new members are able to join our unlimited monthly sessions for only \$50 for the entire month! Contact us today if you're interested in joining!



Announcement


Our Festus location will be opening in Spring 2020! Check out our announcement video on the socials if you haven't already!!




Theme Week


Our theme week will be the last week of the month! The trainers will be dressing up on Tuesday, October 29th since Dean will be out of town for the later half of the week. We would love to see all of our clients participating! Let's get SpOoKy!

Shout Outs


 Congratulations to Addison & Lexie Brush on getting married!! We wish you guys a lifetime of happiness!

 Shout out to Cody Shrader on scoring 2 touchdowns during his last game at Truman State and Percy Mitchell Jr. for scoring 4 touchdowns so far this season at Washburn.

 Big congrats to our De Smet boys, Cam Wright and Allen Mitchell for beating CBC.

 Hannah Christ won her tennis match September 23rd! Awesome job!!

 Connor Range is having a great season at Bellarmine! Keep it up!

 Macy Schelp won the cross country race at Mizzou.

Recipe of The Month: Baked Apples

Prep Time: 30 mins Cook Time: 1 hour Ready In: 1 hour 30 mins

- 6 apples - peeled, cored and sliced
- ½ cup white sugar
- 3 tablespoons all-purpose flour
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ cup raisins
- ½ cup chopped walnuts
- ½ cup whole milk



1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish, or coat with non-stick cooking spray.
2. Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk evenly over apple mixture.
3. Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.



Birthdays

Terronica Davis: 10/2

Dan Frigerio: 10/2

Chase Greenlee: 10/3

Brie Birch: 10/4

Scott Johnson: 10/4

Rosie Lampe: 10/5

Gabrielle Novak: 10/5

Jason Johnson: 10/6

Macy Schelp: 10/6

Jimmy King: 10/7

Matthew Ludwig: 10/7

Sean Dillion: 10/7

Alex Callanan: 10/10

Griffin John: 10/15

Amanda Pressly: 10/21

Adrian Vaeth: 10/22

Alex Heck: 10/22

Cherrie Troll: 10/24

Mindy Williams: 10/25

Maryn Fisher: 10/25

