

# THE GRIND

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

**BETTER** THAN YESTERDAY

What's New – Grind Athlete Fall/Winter Schedule

## FALL/WINTER SCHEDULE

### Grind Athlete (Older Kids)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(6AM) Upper Body Push Lower Body Pull (6PM) Functional Olympic Lift	(6PM) Upper Body Strength	(6AM) Upper Body Pull Lower Body Push (6PM) Lower Body Strength	(6PM)) Functional Core Plyo	(6AM) Plyo Speed Functional	(10AM) Speed & Agility	OFF

### Youth Grind Athlete

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(6PM) CNS	OFF	(6PM) Upper Body Push Lower Body Pull (Strength)	(6PM) Upper Body Pull Lower Body Push (Strength)	OFF	(10AM) Speed & Agility	OFF

### What's Happening – **Adult Small Group Discount This Month Only!!**

If you have been thinking about joining a Small Group Class think no more and join today! For the month of September, Adult Small Group passes are just **\$50** for all new, old and current Grinders!! For just **\$50** you get unlimited classes both mornings and evenings! You have nothing to lose and everything to gain. Call or email today if you would like to sign up!!

### It's Not Too Late To Sign Up For Team Training

Our team training program provides a sport specific focus 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. Our fall team training sessions will begin in just a couple of weeks! Let us help build your team up and set them apart from the competition! All of our coaches are former collegiate athletes with over 30 years of combined experience in fitness, sports performance and sports medicine.



### Announcement

Stop by our booth at Twin Cities Day in Festus Sat, Sept. 7<sup>th</sup>


We will have raffle and games! Stop by and say hi!! We hope to see you all there!



## Theme Week

Thank you to everyone who participated in theme week! Everybody looked great and we hope you had as much fun as we did. The Coaches enjoy doing goofy things with our clients! Our next theme week is coming soon so stay tuned!

## Shout Outs

 Congratulations to Josh and Samantha Ward who got married on August 30<sup>th</sup>! We are so happy for you guys and wish you nothing but the best! Thank you for inviting us to your special day!

 Good luck to all of our athletes on the start of your season!! We hope you all crush it!

### Recipe of The Month: Citrus Chicken Fajitas

*Prep Time 20 mins + marinating Cook Time 15 mins Ready In 35 mins*

#### Ingredients:

6 tablespoons lemon juice  
¼ cup lime juice  
2 tablespoons minced fresh cilantro  
1 tablespoon olive oil  
1 teaspoon sugar  
¼ cup sliced ripe olives  
½ teaspoon garlic powder  
½ cup shredded lettuce  
½ teaspoon ground onion  
4 flour tortillas (8 inches), warmed  
1 pound boneless skinless chicken breasts, cut into strips  
1 each medium green, sweet red and yellow peppers, julienned  
1 large red onion, halved and thinly sliced  
¼ cup shredded reduced-fat cheddar cheese



#### Instructions:

- In a small bowl, combine the first seven ingredients. Divide marinade equally between two large resealable plastic bags; add the chicken to one bag. Add peppers and onion to remaining bag. Seal bags and turn to coat; refrigerate for several hours or overnight.
- Drain chicken and vegetables; discard marinade. In a large nonstick skillet coated with cooking spray, cook and stir chicken over medium heat for 3 minutes. Add vegetables; cook 3-5 minutes longer or until chicken is no longer pink and vegetables are crisp-tender.
- Spoon filling onto tortillas; top with lettuce, olives and cheese. Roll up.



## *Birthdays*

Austin Shaeffer: 9/1

Caleb Heck: 9/2

Diana Quinn & Will Muich: 9/4

Lisa Eichelberger: 9/6

Melissa O'Toole & Joseph Woods: 9/8

Koltin Newcomb: 9/11

Solomon Galbraith & Jonathan Binder:  
9/12

Jennie Dudley & Harry Markotay: 9/13

Kyla Greenlee & Zander Street: 9/14

Ryan Brennell: 9/15

Tyler Isaacson & Michael Hill: 9/16

Austin Schaeffer & Graham Basile:  
9/17

Jaden Barr, Jake Theiling & Blake  
Tolan: 9/19

Mark Silva & Angela Crump : 9/22

Megan Knickmeyer: 9/24

Joe Becker & Carlei Clubb: 9/25

Ella Jackson & Joselynn Shadows:  
9/25

