

THE GRIND

9711 GREEN PARK INDUSTRIAL DRIVE
SAINT LOUIS, MO 63123
THEGRINDFS.COM 314-939-1345









BETTER THAN YESTERDAY

It's The Holiday Season 🎵

Time flies when you're having fun! We can't believe it's December already!! The Grind is off to a busy start this winter with over 20 teams training and more to come! We would like to take this time to wish everyone a safe and joyful holiday season! As a reminder, we will not have athlete sessions on Christmas Eve, Christmas Day, New Years Eve or New Years Day!

Shout Outs

-  Cody Schrader received 2nd team all conference running back!
-  Way to go Connor Range for lead his team to The Sweet 16!
-  Judson Holland made the High School All Star Football game here in St. Louis!
-  Kate Todd received all district- all conference- and all state!
-  CJ Murray helped lead her team to victory in the CYC district Championship!
-  Congrats to Toriano Pride Jr, James Hutchins and the rest of the Lutheran North Crusaders on winning the Missouri State Class 2 Championship!

Festus Speed And Agility Sessions

The first Festus satellite speed and agility camp was a huge success! Great job athletes!! Thank you all for working hard! We will be hosting the session every Saturday from 4:30-5:30pm. There is an online registration for each week so please keep an eye out on our page for a weekly post or you can email us and we will send the link to you.



FRIENDS REFER FRIENDS!!

Have you heard about our referral program?! If someone you refer signs up for services, you will get one personal training session on us!!



MERRY



Friday Night Lights

Our Defensive and Offensive Linemen sessions are back on Friday nights! Just like last year, there will be a group for youth at 5:30pm and a group for high schoolers at 6:30pm. You must pre-register online for these sessions! Joe will be leading each session! Please check our Facebook posts for the link!

25 Days of Christmas Workout

25 Kettlebell Swings	24 Mountain Climbers	23 Jumping Jacks	22 Burpees
21 Goblet Squats	20 Lunges	19 Dips	18 Glute Bridges
17 Dumbbell Rows	16 Dumbbell Flys	15 Thrusters	14 Kettlebell Deadlifts
13 Dumbbell Snatches	12 Ab Twists	11 Jump Squats	10 Push Ups
9 Leg Lifts	8 Turkish Get-ups	7 Air Squats	6 Supermans
5 Inchworms	4 Pull Ups	3 Frog Jumps	2 Side Lunges
1 30 sec. Plank			

Recipe of The Month: Holiday Cheese Ball Wreath

Prep Time: 15 mins **Cook Time:** 1 hr 15 mins **Serving:** 16-20 people

- 1 lb cream cheese, at room temperature
- 2 cups shredded firm cheese (such as pepper jack, cheddar, or Colby)
- 2 teaspoons Worcestershire sauce
- Kosher salt and freshly ground black pepper
- ½ cup of pickled piquante peppers (such as Peppadews) finely chopped
- ½ cup fresh parsley leaves, finely chopped
- ¼ cup finely chopped fresh chives
- Crackers, sliced bread or crudites for serving
- Small 6 cup Bundt pan



Directions:

1. Line the inside of a 6 cup Bundt pan with plastic wrap. Process the cream cheese, shredded cheese, Worcestershire sauce, ½ teaspoon salt and a few grinds of pepper in a food processor until smooth. Empty the mixture into a medium bowl, and fold in all but 2 tablespoons of the chopped peppers.
2. Spoon the cheese mixture into the prepared Bundt pan; pack it in, spread into an even layer and cover. (or simply form the cheese mixture into a ball and wrap tightly with plastic wrap). Refrigerate until chilled, at least 1 hour up to 2 days.
3. Uncover and invert the cheese mold (or unwrap and transfer the ball) onto a serving platter. Sprinkle with chives and parsley to completely coat the wreath, and garnish with the reserved 2 tablespoons pepper. Serve with crackers, sliced br

Birthdays

- Ryan Carolan: 12/3
- Madison Weaver: 12/5
- Joe Molitor: 12/7
- Nate Tebeau: 12/8
- Tiffany Hamblin: 12/9
- Cooper McGrath: 12/13
- Aiden Nasalroad: 12/14
- Addy Beffa, Anna Quinn & Ryan Larkin: 12/15
- Chloe Akerson & Cam Weiler: 12/17
- Toriano Pride Jr.: 12/18
- Brittany Hodge: 12/21
- Thomas Floyd: 12/22
- Gabby Beffa: 12/23
- Clayton Green, Jacob Haas and Riley Schelp: 12/24
- Maria Goebel: 12/25
- Ella Choate & CJ Murray: 12/27
- Amy King and Clayton Green: 12/29
- Mason Arnold, Sam Lombard & Drew Soetaert: 12/30

ead or crudites.