

March Member of the Month

Get To Know: Lorie Nicholson

Lorie Nicholson was chosen for Member of the Month for a number of reasons. Not only is she dedicated to her fitness, but she is also incredibly dedicated to her community. If you have recently joined the gym, I am sure Lorie was one of the first people to introduce herself to you and make you feel comfortable and welcomed. Lorie is also a huge inspiration to all of us! She works her butt off in the gym, continuing to improve and shows us all what a hard working woman is capable of. If you were not at Friday Night Lights to witness her 95lb snatch PR, you truly missed out on an incredible moment! Thank you Lorie for being an amazing woman for all of us to look up to inside and outside of the gym!

Here is a fun little questionnaire to get to know Lorie better:

How long have you been doing CrossFit and how did you get into it?

"I joined Shifted in August 2013 after Dave, my husband, had been there about 9 months. I kept seeing him get fitter and had to keep up!"

What were your thoughts after your first CrossFit workout? "I was a mess for like an hour...hangry would be an understatement!"

What is your favorite & least favorite CrossFit workout or movement? "My favorite is anything with a 65# RX barbell in it and my least favorite is any workouts with lots of pull-ups."