

Member **Spotlight**



April 2018 - Danniela Cruz



Athletic Background: I've always enjoyed playing sports but my favorite one has always been baseball. I played baseball from grade school through high school when I was in Mexico, however, when I moved to the U.S I had to focus more on my job and unfortunately I had no time for myself and had to leave the sport.

When did you start CrossFit and what about it drew you in? I started cross fit in August of 2015. At the beginning, I had no idea what this was or what you were all doing in here. I would sometimes pass by on my way to work but would never care to see what was going on. One day as I was driving back home, I passed by and I was able to see the intense workouts that really captured my attention, so I decided to step in to ask for more information. I then started attending the class and really

enjoyed it so I decided to incorporate it into my routine.

Favorite and least favorite WOD/movements? My favorite workouts are the deadlifts and the back squats. My least favorite are definitely the burpees.

Biggest personal accomplishment since starting CrossFit? Although I still have many things to accomplish, my biggest personal accomplishment since I started was having more self control as well as being more active as I used to be.

One Crossfit goal you still have? Some of the many goals that I still have are being able to do pull ups and toe to bar more easily.

One random "fun fact" about you! Lastly, fun fact about myself is that i'm a dog lover and I have 3 beautiful dogs at home who I deeply care for.