

Rotary Club of Portage Bulletin

Porta-Rota-Call

Date: July 7, 2021

by: Christy Klien

President Emily Turner called the hybrid meeting to order at 12:09 p.m. The meeting was held at the Cellar at 328 W. Milham Ave as well as online. We recited the Four Way Test and the Pledge of Allegiance. Past President Matt Semelbauer gave the invocation.

PROGRAM: Erin Carlson, co-owner and coach at CrossFit AZO

Ben Barber introduced Erin Carlson, co-owner and coach at CrossFit AZO. Erin grew up in Portage and attended Michigan State University. Physical fitness has always been important to Erin; she played soccer in high school and college. Early in her career, Erin worked at Borgess Health and Fitness Center. In 2010, she and her business partners, a State Trooper and a doctor opened CrossFit AZO.

Erin shared information about their business. Their goal is to help people with longevity by focusing on physical and mental wellness. They have guest speakers to present on different topics and also have series on their Facebook page.

CrossFit AZO's target audience is 30-40-year-olds but has children, teens, and seniors who also participate.

They believe in the importance of being active in the community and giving back. CrossFit AZO participates in Girls on the Run, PCC, and other 5K runs. They also do fundraisers for specific causes. They will create a special routine to help raise funds.

CrossFit AZO has a coach-guided Workout of the Day and will modify movements for people to match their abilities and needs. They offer open gym times and classes for their members.

They are located off of Lover's Lane at 1176 Gernaat Ct, Portage, MI 49002.

To learn more about CrossFit AZO and its pricing structure, please visit their website at www.crossfitazo.com



ANNOUNCEMENTS:

- Golf outing on August 9th at Gull Lake View Golf Course – you can participate in one of three ways (or all three!):
 - Donate (\$\$\$/items): T-shirts, umbrellas, golf ball sleeves, gift certificates (spa, restaurant, car washes, etc), magnets, essentially anything of value greater than \$5, or cash/check and we can purchase on your behalf; you can drop off items/prizes to my office (6784 S Westnedge Dr, Suite D, Portage, MI 49002) or to Bonnie's office (2312 Winters Drive, Portage, MI 49002)
 - Play the Event: get a group together or come and we'll find a team for you!
 - Volunteer: we always need help in planning and set up
- Global Grant donations due by the end of the month – we are in need of \$5000 to complete this grant – if you need more info, please contact Paul Carlson
- They are working on the 50/50 license, more information to come.

We celebrated John Crandle and Gary Meyers birthdays. Bonnie celebrates 29 years and Joe 28 years as a Rotarian.

Ben B., Tom W., Matt S., Bill C., Art R., Bob B., Bob M., Bonnie G., Chris B., Emily T., and Chad S. were all happy today.

Sergeant-at-Arms Roy Dangel fined Chad for his cell phone ringing. He did a 4th of July trivia game and fined people who gave the wrong answer.

Next week's program is Mark Bielang, Portage Public Schools Superintendent.

Meeting adjourned at 12:47 p.m.



[Facebook link](#)

The Portage Rotary Club provides financial support for youth education, families in need and other local charitable causes. We are part of Rotary International. A service organization of business and professional leaders that provide humanitarian services and help build goodwill and peace in the world