

Rotary



Club of Lake City

CROSSFIT 1075

Club Meeting

Lake City
Meets at First Baptist Church
182 NE Justice St.
Lake City, FL 37055
Time: Thursday at 12:00 PM

Club Leaders

James M Swisher Jr.
President

Chelsea L Flores
President-Elect

Leslie McDaniel
Secretary

Michael Tatem
Treasurer

Mariah S Harrington
Service Projects Chair

Lauren Pinchouck
Rotary Foundation Chair

Matthew S Smith
Membership Chair

Meagan L Logan
iPast President

Birthdays

Matthew S Smith
March 24th

Lee Pinchouck
March 24th

John A. Battle
March 29th

Harlan S Holmgren
March 31st

Carlton A. Jones
April 3rd

Lauren Pinchouck
April 5th

Wedding Anniversaries

Lawrence M. Barrett
March 24th

James M Swisher Jr.
March 26th

Dennis Roberts
March 29th

Herbert W. Ellis
April 2nd

Years of Membership

Joseph Nathan Persons
27 Years

John Burns
27 Years

Christopher D. Candler
22 Years

About Our Speaker:

Hello! I'm Sommer, Head Coach at CrossFit 1075. My passion is for people and empowering them with skills sets and knowledge to make positive changes in their own life. CrossFit came into my life and forever changed the way I looked at fitness back in August of 2014. Ever since then I have been hooked on bettering myself and others. I love to coach, love to see athletes of every age accomplish feats they never thought possible. There is no greater reward. I believe there is no such thing as easy, if you want it you will have to work for it. But it will always be worth your effort. Not only that, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:3-4

REMINDER: NO Lunch meeting next Thursday!
Join us at Halpatter from 5:30pm-6:30pm
5th Thursday ROTARY SOCIAL

