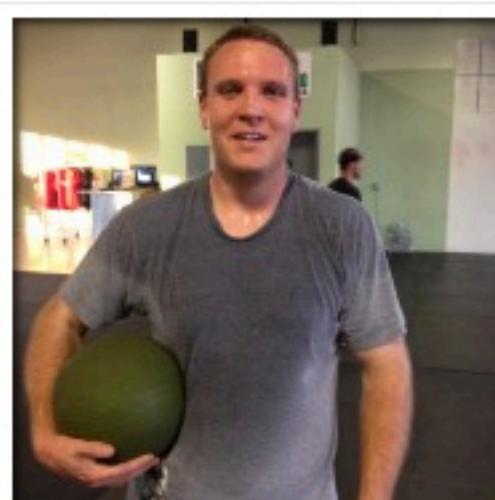




TOUR THE FACILITY

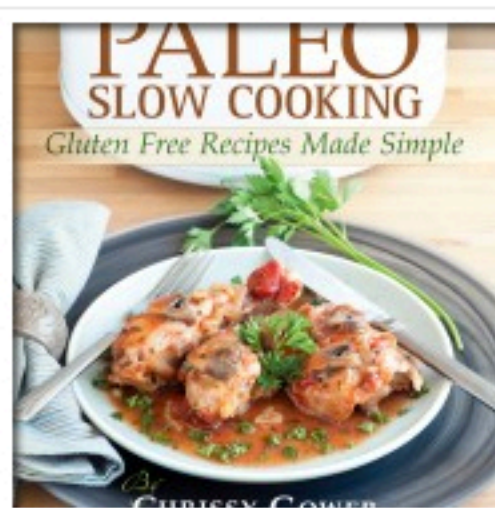


## Who's Who: Richard Hawkins

*Posted by Shawn on Oct 1, 2012 in Featured Clients, In The Gym, Testimonials, Uncategorized | 8 comments*

Most of you know Richard H. from the gym, but for those that don't PLEASE take a few moments to read over this Q&A. Rich somehow "forgets" to mention that he has lost over 50 pounds and has recently tested into Level 1, which he passed with flying colors. Rich is a poster child for NorCal and we love having him as part of our family! I know Rich has just scratched...

[read more](#)



## Paleo Slow Cooking Book Signing

*Posted by Shawn on Sep 28, 2012 in Events, Outside the gym, Paleo, Recipes | 1 comment*

Chrissy will be at Lyon Books in downtown Chico on Monday, October 1st for a book signing at 7pm. Her book Paleo Slow Cooking: Gluten Free Recipes Made Simple has been a project she has been working on over the past year. In fact many of you have sampled the recipes at our NorCal potlucks and a few gym birthday celebrations. Be sure to bring your book and come on down to Lyon Books to get it...

[read more](#)



## The Latest NorCal Video.....ish

*Posted by Shawn on Sep 26, 2012 in Featured Clients, In The Gym, Uncategorized | 4 comments*

Where to start? These three ladies took time out of their busy schedules to contribute to the NorCal video library. One word. Wow! From cutting edge editing to their "stellar" movements these "No Reppers" may have a future ahead of them. Things like last place ribbons, DNF's, injuries, are just a few I can see in their immediate future. In all seriousness...

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## Welcome

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