

FIND YOUR STORM.

The 8-Week Challenge Built for Every Person in Cottage Grove Ready to Transform Their Health

MARCH 16 – MAY 16, 2026 · 8 WEEKS

A health battle. A fresh start. A version of yourself you're ready to become. Into The Storm is 8 weeks of showing up – for your team, for your health, for yourself. The moment you sign up, you've already won.

THUNDER LIGHTNING HURRICANES TORNADOES SUN DOGS

THE CHALLENGE

- All fitness levels welcome – no experience required
- Join one of 5 teams: Thunder, Lightning, Hurricanes, Tornadoes or Sun Dogs
- Every workout earns your team a ticket · tickets = points
- Workshops, webinars & community events earn bonus points
- 30-Day Habit Tracker – printed form available at the dojo
- New members can join a team at any time during the 8 weeks

EVENT CALENDAR

- Mar 17** St. Patrick's Day Bonus Points
- Mar 18** Shoulder Lab begins · Wed 5:30pm · 8 wks
- Mar 24** Shred Nutrition Webinar · 7:30pm
- Mar 29** Pelvic Floor Workshop · 1:00pm · All
- Apr 1** Push/Pull Course begins · Wed 4:30pm · 8 wks
- Apr 6** 30-Day Habit Tracker starts
- Apr 16** 5K/Ruck Registration Deadline
- Apr 18** Spring 5K / Ruck Walk-Run · 9:00am
- May 16** Feed My Starving Children · 2:30–4pm
- May 16** Party · Union 32 Brewery · 4:30pm

***Some events may have a separate registration fee. Details available at the registration page.

This is the most supportive and welcoming gym ever. The classes help so you know what to do and work your whole body. The coaches are very knowledgeable and can modify (either for an easier, harder, or completely different option) depending on each individual need. Everyone else working out will also be there to cheer you on every step of the way – Annie Zastera · TFW East Metro Member

YOUR STORM STARTS HERE.



Scan to Register



Scan to Download Official Event Calendar