



Monroe Street's nearly 100 locally-owned and independent businesses invite you to experience one of Madison's favorite places to Dine, Shop and Live.

-- Shop & Live Offers --

Show a receipt from purchase at any Monroe Street business July 31 - August 4 (including Trader Joe's!) to unlock the special offers listed below. Take that receipt on to the next business to receive another offer!

(Limit one offer per receipt. Show your CrossFit ticket (physical or digital) to qualify.)

[Hive of Madison](#) (1904) - 10% off non sale items

[Katy's American Indian Arts](#) (1817) - 10% off any authentic, handmade American Indian jewelry or craft.

[Monroe Street Massage](#) (1930) - 10% off massage services

[Mystery to Me](#) (1863) - 15% off your purchase

[Refind Style](#) (1639) - 10% off your purchase

[Scrubs Station](#) (2701) - 10% off scrubs, 30% off shoes

[Strictly Discs](#) (1900) - 10% off your purchase

-- Dine Offers --

Experience authentically Madison food and drink at over 20 locally-owned restaurants, coffee shops and bars.

Several have created custom CrossFit menus:

[Bloom Bake Shop](#) (1851) CrossFit Farmyard Omelette, CrossFit Plant Based Scrambler, Dead Lift Rice Bowl, Seasonal Strong Salad, Power Lift Popsicle

[Colectivo](#) (2530) The Weight Belt, Mojo (Featured Drink), The Hulk (Smoothie Special), Chia Power, Turkey Club

[Everly](#) (2701) Grilled Chicken, Seared Salmon Filet, Boz Grilled Tenderloin

[The Roman Candle](#) (2623) The Grand Finale Pizza, Feed the Beasts! pizza package, Fan Favorites combo meal deal

-- Special Events --

[Brasserie V](#) (1923) - Belgium vs US Flights

Join us 7/31 - 8/4 for a DIY self-guided tasting - Belgium vs US flights: a head-to-head comparison of three popular Belgian craft beer styles. Details at www.BrasserieV.com.

[The Fit](#) (1709) - Mobility Flow @ The Fit. 5:45pm Friday 8/2. 60 minutes of a functional flexibility yoga flow to enhance athleticism, correct imbalances, and help reduce the risk of injuries. Stretch and restore your muscles to increase your range of motion and be on top of your CrossFit game. Register online at <https://thefitonmonroe.com/yoga-schedule/>

Stay connected with us for all the latest:

www.MonroeStreetMadison.com

