

# CROSSFIT HENDERSONVILLE NEWSLETTER

JULY, 2022

## UPCOMING EVENTS

**Saturday, July 16th**

**615 Throwdown**

*@ TN State Fairgrounds*

Come hang out with 7 different CFH teams competing this Saturday all day long between 8am and 5pm. All heat times will be posted in the FaceBook Group later this week.

**Friday, July 22nd**

**Kiddie Pool Kickball**

*@ McDuffie's*

We will have Kids + Adult games going on, so definitely bring the whole fam!

**Saturday, July 30th**

**Field Day**

*@ Hendersonville High School*

Taking our fitness outdoors to have some fun with it in a different kind of setting! - More details to come

**Tuesday, August 23rd**

**GetStrong Banquet**

*@ Long Hollow 6pm*

**Saturday, August 27th**

**GetStrong Affiliate Fundraiser**



## UPDATES

### New Class Times!

Starting Tuesday, July 18th, we will now be offering a 6:00pm class on Tuesday + Thursday. Have a friend on the edge about signing up for CrossFit? First time CrossFitters can come to any 6pm class in July to try it out for free!

Summer Sweat is wrapping up at the end of July, so enjoy the final few weeks of our partner Monday's, EMOM Wednesday's + Hero Wod Friday's! Stay tuned for what's next on the fitness horizon at CFH! We will be starting a new cycle in August!

This is the final month of our CrossFit Kids summer classes during the morning time slots.

We will be transitioning in August to Mon + Wed evenings. Let a Coach know if your child is interested in continuing!

## GRAND OPENING!

**RENU Wellness & Recovery** is officially launching

**Wednesday, August 10th!**

Owners Zac, Alexis + Logan will be there all day to show everyone around & teach what to expect. The cost is \$90/month per person for an unlimited membership.



COMING SOON TO CROSSFIT HENDERSONVILLE...

**- THE CFH FALL GAMES -**

**Saturday, Sept 17th**

- In-house member only competition!
- Teams of 4, will be made for you of equal ability
- One division, all skill levels welcomed, encouraged, + needed!
- Three class workouts will be programmed and used for ranking purposes to make teams
- More details to come!
- Registration is live! [cfhfallgames2022.wodifyarena.com](https://cfhfallgames2022.wodifyarena.com)