



CROSSFIT HENDERSONVILLE

~ MONTHLY NEWSLETTER ~

JUNE, 2022



- EVENTS THIS MONTH -

SUNDAY, JUNE 12th:

1:00 - 5:00pm

Lake Day @ The Shad's!

- Bring chairs + floats
- Bring any food + drinks
- Carpool!

SATURDAY, JUNE 18th:

10:00am - 2:00pm

Battle of the Boxes!

Join us at The Music City Fit Expo as we compete for the fittest box in Tennessee!

Cheer section gets free EXPO entry!

SATURDAY, JUNE 25th:

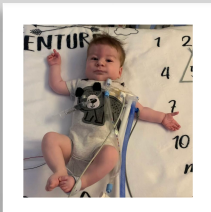
7:00am - 5:00pm

Fitness Fundraiser!

One \$10 workout every hour on the hour

-All proceeds go to The Osorio Family's medical expenses for their newborn baby, Max, who has been in the ICU for the past six months.

-Come out to the gym at any time to join us in supporting our fellow CFH fam!



Curious about the current construction going on in the old kids room?

COMING SOON...

Sauna's + Cold Plunge



Monthly Membership for CrossFit Hendersonville Members Only!
Details to come.

Follow @RENU_hvl on Instagram



Join us in wearing **RED** on Hero Wod Friday's as we "**Remember Everyone Deployed**"

MARK YOUR CALENDARS
JULY 4TH FIREWORKS
@ McDuffie's!

- UPDATES -

WEEK OF JULY 4th:

(Mon 7/4 - Fri 7/8)

Open Gym only! 5am-6pm

We will not be running classes, but the gym will be open + available for you to come in and workout. We will still provide a daily WOD.

Please be sure to sign into class! The front computer is open for you to type your name in, or The Wodify app makes it easy for you to do from your phone as well. Thank you for your help!

In efforts to help keep the gym clean and ready for all classes + members, we are now implementing a "50 Burpee Penalty" per piece of equipment left out.

SFH Protein bags are on sale for only \$30! Be sure to grab one before they're all gone!



ON SALE!



NEW!

THORNE Vegan Protein, Whey Protein, Creatine, and EPA Options are now available for purchase at the box! Also, as a CFH Member, you can get the entire Thorne line of supplements online with a 10% discount!