



CROSSFIT HENDERSONVILLE

Events | Announcements | Updates

MAY, 2022

MORNING CLASS UPDATES:

TUESDAY/THURSDAY 8+9AM

Starting TUESDAY MAY 31ST, mid morning class times will now all be on the hour, at 8:00am and 9:00am Monday - Friday. (8:30/9:30am Tu/Th is switching to 8:00/9:00am)

M/W/F 7:00AM

Beginning Wednesday, June 1st, we will now be offering a 7:00am CrossFit class time on Monday's, Wednesday's, and Friday's! This will be open to all members and run throughout the summer months.

LOW BACK CLINIC

Join us in the gym **Saturday May 28th**, with Coach Jessi and Coach Miller as they focus on *Building a Spine that Holds the Line*. Focus will be on accessories for the low back to become more resilient and hurt less. They will also be going over the importance of the deadlift/injury in CrossFit, as well as providing accessory exercises for the midline/back. Miller, wanting a packed house, says "it'll run like a well-oiled machine" and Jessi agrees saying "the more the merrier". Free to all members, no sign up required!



MEMORIAL DAY MURPH!

-Monday, May 30-

1 Mile Run. 100 Pull-ups. 200 Push-ups. 300 Air Squats. 1 Mile Run.

An annual tradition, mark your calendars! We will be running this workout in 4 different heats. Please sign up for your heat time in Wodify, and arrive prior to your start time so you can be warmed up and ready to go. We will have a warm up written on the board. Family and friends are welcome to join! Heat times are:

7am / 8am / 9am / 10am

**MURPH
T-Shirts go
on sale next
Monday!
\$20**



-KIDS MURPH -

We will be running a kids heat at **10:00am** for everyone who is currently in, or is signed up for the summer kids program. The workout will consist of "half Murph", or can be tackled as a partner workout. Teens are welcome to join the kids or the class their parents are signed up for.



KIDS SUMMER CLASSES!

MONDAY + WEDNESDAY

STARTING JUNE 1ST

Bring your kids to join Coach Maddie over the summer to help them learn how to pair fitness with fun, as they take on safe, effective, and age-appropriate levels of CrossFit.

- Ages 6-9: 10:15am-11:00am
- Ages 10-13: 11:00am-11:45am
- June through July; one or two month commitments
- \$119/mo, \$109 second child, \$99 third child
- To register, email your child's name, age + months attending to: maddie@crossfithendersonville.com!
- Spots are limited, so sign up now!

SUMMER @ CFH

To keep things fun during the hot summer months, we will be implementing various workout styles to repeat weekly June-July.

What to expect:

Monday's: Partner WOD - because who doesn't love a good push from their teammates

Wednesday's: EMOM - longer time frame with simple movements to build a summer sweat + an engine

Friday's: HERO WOD - mental and physical grind for a strong start to the weekend



- OLDER ADULT HANG - MAY 18th @ 6PM -

Where: Jenny and Dave Norwood's 228 Watersedge Hendersonville 37075

What: Join us as we fellowship together with the entire "veteran" crew from CFH, learning how to walk alongside each other as we age, specifically encouraging one another in the journey of aging and health fitness. We will spend time discussing what the journey might look like as it relates to CrossFit. Dinner will be provided!