

# CROSSFIT HENDERSONVILLE

## SEPTEMBER NEWSLETTER

2022

### SATURDAY, SEPT 3rd:

#### Ladies Only Weightlifting Clinic

8:30am - 10:30am



\$25 Registration Fee + spots are limited, so register now!

Click link to sign up:

[WEIGHTLIFTING CLINIC:](#)

### Labor Day is this

**MONDAY, SEPT 5th!**

We will have one Coach led Class at **9am**, and will be doing a HERO WOD! We will also have open gym all day from **7am - 6pm**.

### Friday, September 9th

6:30pm

#### CFH Sand Volleyball Tourney



### A BATTLE BETWEEN CLASS TIMES!

We've ranked the classes by fitness levels plenty of times, now it's time to bring it on over to the courts! Make your own team of 4, and write down members + team name + class time on the whiteboard. Yes, multiple teams per class time are allowed. Winning team will win a Pizza Party for them and members of their entire class time!

### 2022 CFH FALL GAMES

*...are almost here!*

#### Saturday, Sept 17th 8am-12pm

Workouts will be released next week! Teams are now posted on Instagram + Facebook. Get to know your team, and start talking game plans! There is going to be a lot of strategizing involved, so be sure to discuss different possible options for each event.

If you are not on a team, we would still love for you to come and see what it's all about + cheer on your fellow classmates!

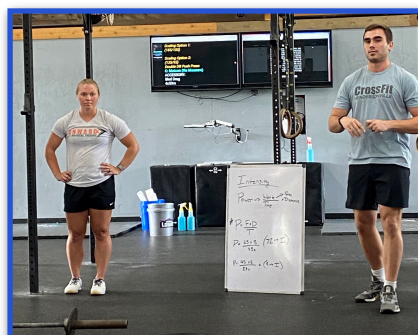
#### \*Judges are needed please!

Anyone available and willing to help, we are still looking for a few more Judges to help us run as smooth of an event as possible. Please let Maddie know if you are interested!

#### Power Output Clinic RECAP:

Have you taken one workout of the week and calculated your power output? Have you used the equation to see what weight would best suit you for a specific workout of the day? If so, let us know! We love hearing ways our members are successful in scaling workouts to reach the intended stimulus! If you missed it, you can catch up and watch the full talk here:

[Scaling Talk Video Link:](#)



### SEPT 24th - OCT 1st

A CFH group will be traveling to Ocotol, Nicaragua for a mission trip with Get Strong Ministries! We are excited for another Hendersonville team to get to experience all the Lord is doing in Nicaragua. Keep them in your prayers for safe travels, for them to build relationships, share the love of Christ, and keep an open heart to allow God to work through them! If you are interested on going yourself, let us or Scott know!



#### Looking to compete this Fall?

The following are some upcoming events around the area. Grab a buddy or two and show Nashville what CFH is all about!

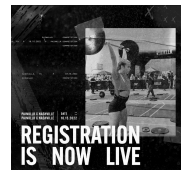
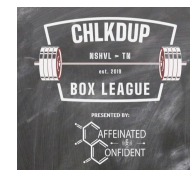
#### CHLKDUP Box League

Coed Teams of 2

4 Sunday's, 10/30-11/20

4 Different Gyms (one is CFH)

[Sign up for CHLKUP:](#)



#### PAINKLLR Nashville

Indy or Mixed Teams of 4

Saturday, October 15th

[SIGN UP FOR PAINKLLR:](#)

Check your emails for an update about gym membership.. To ensure your experience at CFH is as good as it can be + to maintain this rock solid community, some class times are now "on hold" for adding new members. 7am/9am/6pm are still open to all! Don't hesitate to ask questions, and if you have not done so already, please read recent email for more info! Thank you!