



CrossFit Hendersonville Newsletter

Check out your upcoming events, schedules, and all things CFH community



HOLIDAY SCHEDULE:

THANKSGIVING:

Mon 11/20 - Wed 11/22:

Regular Classes

Thurs 11/23:

Closed Thanksgiving Day

Fri 11/24:

Open Gym 7am - 4pm

CHRISTMAS:

Sun 12/24 + Mon 12/25:

Closed Christmas Eve + Day

WINTER BREAK:

Open Gym Week 12/26 - 12/29

*Open gym only. Gym is open
5am-6pm + workouts provided*

NEW YEARS:

New Year's Day Mon 1/1

Open Gym 9am - 4pm

15 Year Anniversary Party + Scavenger Hunt Fri, Dec 8th @ 6pm

We are combining our Christmas party with the big 15 year anniversary party this year! To start off, we will combine our favorite dishes with a potluck style dinner. 5/10/15 year athletes will be awarded, and various "gym class superlatives" will also be voted for and awarded. Immediately following, let the games begin! \$1000 cash prize to the winning team for our scavenger hunt - this year with a twist ;) Lots of fun in one night that you won't want to miss, be sure to save the date!



We got new swag! Winter hoodies, crews, hats, and joggers are for sale now! These items are pre order only! Please write down your name + size next to each item on the front desk by Wednesday, Nov 15th! It's getting cold, and the swag is cool, so don't miss out because these are only ordered once :)



Fire + Ice

*Sat, Dec 2nd @ CFH
8am - Noon*

Back for another year! Teams of two will throw down before heading into the New Year/ Open season! Female scaled is sold out, Male Scaled has 3 spots open, and MM / MF RX both have 5 spots open. Register Today! (in your wodify app-> "home", or here: -> [REGISTER!](#))

***Registration closes on Friday, November 17th**



FITNESS FORECAST

The past month and a half, we have prepped, strengthened, dialed in, and broke down our olympic lifting as well as our gymnastics. You guys have been patient in the process, and we can not wait for all the gains! Going forward into Christmas, we will wrap up this "cycle" with some on the clock snatches and clean and jerks at heavier loads. As far as gymnastics goes, we are going to use the strength we built with tempo work, and get more into kipping / higher skills.