

CrossFit Hendersonville Newsletter

DECEMBER 2023



15 Year Anniversary Party + Christmas Scavenger Hunt Friday, Dec 8th 6pm - 8:15ish

Here are food items per class if you can chip in and help, great! If not, there is always enough food at these events so come enjoy the event and you can help next time
5/6am - appetizers, dips and such
7/8/9am- side dishes to go with Meat Sweats that gym will provide
12/4/5pm- desserts

*we will have waters + sparkling water

*arrive anytime between 6-6:30pm. We will get started with awards at 6:45pm! Christmas party will start at 7:15pm, and should wrap up by 8:15pm.

12 Days of Christmas WOD Friday, December 22nd

Everyone's favorite workout of the year is back! We are going to do our 12 Days of Christmas workout on Friday before break, during regular class times.

Christmas Week Schedule: Closed Monday, Dec 25th

Open Gym 5am-6pm: Tuesday, Dec 26th through Monday, Jan 1st

New Year's Day Class WOD:

Open gym hours remain the same on New Year's Day, but we will be adding **one class at 9am!** Come get your 2024 started off with a good sweat with friends!

Fire + Ice 2023

--- RECAP ---

Our 2nd annual Fire + Ice Partner competition was one for the books! Thank you for coming out and throwing down... we had a blast, and can't wait for the next one! Congrats to all of our podium finishers, if you see any of them in class, be sure to give them a shout out!

RX:



1st: Keg Stands + Headbands Vol. 2
2nd: Shake & Bake
3rd: Father Figures

Female Scaled:



1st: Squat Cleans + Mom Jeans
2nd: Sugar & Spice
3rd: Femme Force

Male Scaled:



1st: Sean + Xavi
2nd: Old Guys
3rd: Old Man + the Kid

Fitness Forecast

What's coming your way?

Retest week! We've been hitting our olympic lifting hard these past few months, so it's time to see what you've got! Max day for the snatch and clean + jerk will be on the Monday and Wednesday before Christmas break. (Dec 18 + 20) If you're around during this week, make sure to get into the gym, as our next cycle will be based off these new numbers!

New cycle? What's that!

The open is coming quickly, and what is one of the many movements we usually see in the open? Cycling a barbell!... So, that is something we are going to make sure y'all are prepared for. Building off the strength y'all have just gained, we will take that and get used to hanging on to lighter percentages of your max. And don't worry, we will still hit those heavy numbers in your metcon piece of the day!

SAVE THE DATE!

A winter challenge is coming your way! The kick off will be Saturday morning January 20th. More details to come... but you will need a partner :)

WINTER GEAR!

We haven't forgotten about your stuff! Your new swag is in process, and will be in your possession before Christmas!