

Hit and Run's programming is thought out and well constructed with an end goal in mind; get better at Crossfit. Getting better at Crossfit improves body composition, increases strength, leads to better cardiovascular health, increases body awareness, improves athletic ability, and increases general self-confidence.

For most clients, the Workout of the Day will be enough to help them meet their goals. But for those clients that may want to do a little bit more, Hit and Run offers different programs that they can use in order to help them achieve their goals.

- Workout of the day (WOD)
  - Each of these classes are ran by a qualified coach and are structured to get clients in and out of the gym in one hour. These workouts are well programmed, effective, and, with adequate nutrition practices, will help most clients meet their fitness related goals.
- Weekly endurance workouts.
  - Three endurance workouts are programmed weekly and they are available to Hit and Run clients on the Wodify app. These endurance workouts can be performed in addition to most of the class WODs and won't interfere with the rest of the week's training. In addition to increasing endurance, they improve cardiovascular health and burn extra calories.
  - Clients can perform these workouts during open gym times.
    - Open gym hours
      - Downtown: Flexible. Speak with the coach of the class you are attending.
      - Triad: Mon, Wed, Fri at 530 pm
      - Midtown: Weekdays at 4:30 pm
      - Collierville: Tue and Thur 9:30am - 1:00pm
- Bluff City Barbell Club
  - This class will help athletes improve their olympic lifting skills along with their general strength and athletic ability. Qualified coaches are present in order to help athletes learn proper weightlifting technique.
  - Class hours
    - Monday and Wednesday at 5:30pm at Hit and Run Midtown
    - Saturday at 9am Downtown.
    - If you are in or around Collierville, they have a barbell class at 5:30 pm on Thursday and at 10 am on Saturday.
- Competition Class
  - This class offers clients that are interested in competitive Crossfit an opportunity to participate in more challenging workouts, to receive more

direct coaching on higher skill movements, and to train in an awesome group environment.

- Class hours
  - Tue and Thurs at 530 pm at our Triad location
  - Sat at 9 am Downtown

Are you interested in these classes but aren't sure how to start? Talk to a Hit and Run coach about which class would be right for you and your goals and how you could best use these programs.



