

CrossFit Hit & Run

# Here come the Holidays

November 2019



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## Friday Night Lights

There are still two more FNL events!



There are still two more Friday Night Light events on Nov 1st and Nov 8th. Those dates are the last two chances to participate in an Open workout for the 2020 season.

The Open is a great opportunity to push ourselves a little bit out of our comfort zones, which can be a great thing! Discomfort spurs growth and change. Some of us need that push once in a while and events like FNL can provide it.

Remember, you don't have to be officially registered to work out at Friday Night Lights. Everybody is invited to participate no matter their fitness or skill level.

An email with details and the location of each workout will be sent the Thursday evening before each of the FNL events. Be on the lookout for that email in your inbox.

Due to FNL evening classes are canceled at each location on Nov 1st and Nov 8th .

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# New Hit & Run Fundamentals Option

## 1-on-1 Fundamentals Personal Training

We have recently introduced a 1-on-1 fundamentals program to Hit & Run. We think this option will make it easier for potential clients to join our gym.

Here are the details for our 1-on-1 fundamentals program,

- The 1-on-1 fundamentals pack comes with a 10 pack of classes which includes 3 personal training sessions.
- The personal training sessions can be scheduled for whatever time of the day will work for the coach and client.
- Over the course of the three personal training sessions clients will learn all of the CrossFit basics that they need to know in order to be able to attend our group classes.
- Once the personal training sessions are completed clients can attend regular classes using the rest of their 10 class pack.

The cost for 1-on-1 Fundamentals is \$150. However, we are offering a \$50 discount to current Hit & Run members. If you are a current member who has friends or family that you would like to introduce to CrossFit you may purchase this program for them at a discounted rate. This would make a pretty sweet gift for the Holidays. Just saying.

If you have any additional questions about the 1-on-1 fundamentals program or want to purchase one as a gift then email Kenny at [kenny@cfhitandrun.com](mailto:kenny@cfhitandrun.com) and he will take care of you.



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## Sylamore Registration

### Registration for the 2020 Sylamore Trail Runs opens on Friday Nov 1st at 1pm

Hit & Run has a group of runners that do this race every year. It's a very well run event in a beautiful part of Arkansas and we highly recommend participating in it.

This race sells out quickly. Like every bib is gone 5 minutes after registration opens. If you want to get a bib for the race then you better be on the race website at 12:58 hitting the refresh button until you have secured a spot and paid for it.

More details for the race can be found on the [Sylamore website](#).

If you have more questions you can talk to either Justin or Kenny and they will help you out.

## Group Trail Runs (because Sylamore)

### Follow the gym on Facebook and Instagram in order to hear about group trail runs.

Because a large number of Hit & Run members run Sylamore we often plan group trail runs leading up to the event. These trail runs usually take place at Shelby farms or at the Wolf River trail. Specific details for each run will be posted to our Facebook and Instagram pages.

Anybody is welcome to come run, even if they aren't running the Sylamore race.

If you'd like to come run with the group be sure to follow our accounts!

[Facebook](#)

[Instagram](#)



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## Holiday Havoc 12/21

### Registration coming soon. Save the date!

Our annual Holiday competition is coming up! Competition details and the link for registration will be posted soon. There will be a limited number of available competition slots and they will go quickly. If you want to compete start talking to potential teammates now so you can sign up once the details and the registration link are posted.

## CrossFitters for Kids

### Local CrossFit event benefiting St. Jude

This annual local event is very well run and contributes to a great cause. There will be several Hit & Run teams competing and a lot of local vendors at the event. If you have a free Saturday come down and cheer everybody on.

This competition is at CrossFit Blue Blood on Nov 23rd.

More details for the competition can be found on the event's [Facebook page](#)



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## Holiday Hours

We thought we'd let you know these hours a little bit ahead of time so you can plan some gym time over the Holidays.

### Thanksgiving day

- 9am Downtown
- 9am at Triad
- 9am in Collierville
- Midtown is closed

We'll be doing our annual 12 Days of Thankfulness workout on Thanksgiving day. It's one of the most fun workouts we do each year. You don't want to miss it.

### Black Friday

- 9am Downtown
- 9am at Triad
- 9am in Collierville
- Midtown is closed

Check out our [Website](#) - [Facebook](#) - [Instagram](#)

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574 S Main Street, Memphis, TN 38103

