

CrossFit Hit & Run

October Newsletter

October 1, 2019



(Coming soon to a gym near you)

The CrossFit Open starts Oct 10th

Friday Night Lights returns Oct 11th

There have been many changes made to the CrossFit games season over the last year, and the next change on the docket is the new start date for the CrossFit Games Open. This year the Open starts on October 10th rather than in February like years past. Everything else about the Open is the same. The online format is the same, the registration cost is still \$20, and there are still five weeks of awesome workouts.

With the start of the CrossFit Open means the return of Friday Night Lights! Our first event will take place on Oct 11th. Once the workout is released on Oct 10th we will send out emails and make some posts on Instagram and Facebook listing the start time and the gym location where we will have the event. These Friday night events are some of the most fun we have at the gym all year so please make it out to at least one of these awesome nights. You don't even have to do the workout, just come cheer on your friends (and maybe judge a heat or two).

Don't worry though, for members that can't make it out on Friday night you'll still have a chance to do the Open workout the following Monday. Each Monday the Workout of the Day for each gym will be that week's CrossFit Games Open workout.

Use the link below to register for the Open. Make sure you sign up under the Hit & Run location that you attend most frequently and we'll see you on Friday nights!

[Sign up for the Open here](#)



Dates for October Fundamentals

Midtown Group Fundamentals course

- Our next group is starting Monday October 14th at 6:30pm at our Midtown location at 439 N Cleveland. This is a 9 session course specifically designed for those new to CrossFit. We'll teach you the basics and get you ready to join our regular group classes.

You can save 50% off when you use the discount code CANDYCORN

This means you'll get the entire course for only \$78. You also get 2 weeks of regular group CrossFit classes after completing Fundamentals. During this 2 week period you may attend any class on the schedule at any CrossFit Hit & Run location. You can reserve your spot in the next group [here](#)

Fundamentals Crash Course


- Saturday Oct 26. This is a one day seminar that prepares attendees to enter our regular CrossFit group classes. This course is offered once a month on a Saturday and is for clients that may not have their weeknights free but can make time to come on a weekend to attend the seminar.

One-on-one Fundamentals Personal Training

- Starts on whatever date the prospective client and coach agree upon. This Fundamentals option comes with three sessions where a coach will teach the client the basics that they need to know in order to attend our group CrossFit classes.

If you have any additional questions about our Fundamentals courses, email Kenny kenny@cfhitandrun.com or Jason jasonrodgers1@me.com and we'll get you taken care of.

And remember, any client that has a referral sign up for a 6 or 12 month unlimited membership will receive a \$100 gift card to Bedrock or Lululemon. It's a win-win.



Nike Employee Store Workout

Happening this week! Wednesday October 2nd

Come join us for CrossFit Hit and Run Night at Nike!

We are having a group workout inside the store. All participants will have the opportunity to shop in the employee store and will receive 40% off!!

Heat 1 of the workout will begin at 5:30pm, Heat 2 will begin at 6:30pm.

The 5:30 slot is full, but we still have spots open at 6:30. Sign up today!

Here is the [registration link](#)

Spike Out Cancer Spikeball Tournament on Oct 5th

Join us on October 5th at the Greensward in Overton Park for a day of Spikeball, Mempoops, Music, and fun!

This tournament is not actually a Hit & Run event, but it is being put on by two of our members (Kate Strickling and Sloane Reed) and we wanted to highlight something awesome that they are doing.

This is the second annual Spike Out Cancer Spikeball Tournament benefiting St. Jude Children's Research Hospital and 100% of the proceeds from this tournament will be donated to St. Jude.

If you have the afternoon free on Saturday you should sign up and go play.

Here is the Facebook page with the [event details](#)

New apparel coming soon



And last but certainly not least, be on the lookout for some sweet new gear that Justin has promised is coming. New t-shirts, hats, hoodies, you name it.

The new apparel will show up Downtown first but we'll get it out to all of the locations.

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574 S Main Street, Memphis, TN 38103