

**CrossFit Hit & Run**

# Happy Holidays!

Dec 2019



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## It's time for some Holiday Havoc


### Our Annual holiday competition is at Triad on Dec 21

This is a 4 person, 2 men and 2 women, competition. It is our wildest event of the year. There will be t shirts for everybody and cash prizes for the winners of each division. We're only taking 20 teams, but there are still a few spots left if you are interested in competing. Visit the event page link below for more event info and to sign up.

We also need judges for the day of the competition and would really appreciate any volunteers that could help us out. If you can volunteer, please email [Justin](#) and let him know that you would like to be a judge at the competition.

We look forward to this competition every year. It's a great way to get all of our members together and to push ourselves in a competition environment. We hope to see you there!

[Holiday Havoc event page](#)



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## Hit & Run Fundamentals

### 1-on-1 Fundamentals Personal Training


We have recently introduced a 1-on-1 fundamentals program to Hit & Run. We think this option makes 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 our 1-on-1 Fundamentals is \$150. However, we are offering a \$50 discount to current Hit & Run members. So if you have friends or family that you would like to introduce to CrossFit you can purchase this program for them at a discounted rate! Give somebody the gift of fitness for the holidays. Maybe they'll love it as much as you do.

Email [Kenny](#) if you have any additional questions about the 1-on-1 fundamentals program or if you would like to purchase one as a gift.



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## Holiday Hours

Don't forget to schedule some time at the gym over the Holidays.

### Christmas Eve

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

### Christmas Day

- All locations are closed

### New Year's Eve

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

### New Year's Day

- All locations are closed

[Read more about us on our website](#)

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