Issue #1

HITATHLETIC

April 2025



Fuel Your Fire, Find Your Strength

— MONTHLY NEWSLETTER —

Fitness isn't just about the work you put in — it's about who you become along the way.

We're also gearing up for some exciting events and programs, so **stay tuned for details** on upcoming challenges, community gatherings,

Our gym is more than a place to lift weights or break a sweat. It's a **community** built on strength, support, and shared goals, where every member's journey matters.

This past month, we've seen **incredible progress** — from members smashing personal records to first-time class-goers joining us, and athletes pushing their limits in the weight room, on the turf, and in the cages.

and more ways to get involved.

That's why we're excited to bring you this newsletter: to **celebrate those journeys**, spotlight the progress you're making, share inspiration, and **keep you connected** to everything happening in and around the gym.

Enjoy this month's newsletter — we're so glad you're part of our gym family!



HIT Updates

THE LATEST AT HIT ATHLETIC - STAY UP TO DATE!

Extended Saturday Hours:
The gym will now be open until 5 P.M. on Saturdays!

HIT 12-Week Run Club:
Take your running to the next level with our **12-Week Run Club** from April 13th to July 1st! Don't miss the **Running Seminar** with elite coach Paul Carrozza on April 13th to kick things off!
Register Here

Sweat & Sip Saturday:
This Saturday, April 5th, after the last class wraps up, head over to **Black Gold BBQ** from **12-3 PM** for good food, cold drinks, and great company. See you there!

Member of the Month

SHOUTING OUT OUR AMAZING MEMBERS.

We're excited to spotlight:

Hunter Chernyha!

A powerhouse of dedication and positive energy. She's in classes 3-4 days a week, tackling every workout with determination and an unstoppable attitude. Lately, she's been training hard for her first HYROX competition, showing us all what it means to chase big goals and embrace the grind.

Hunter, your commitment and contagious energy inspire everyone around you — **we're cheering you on every step of the way!**





Get to Know a HIT Team Member



Coach's Playbook

PRO-LEVEL ADVICE TO HELP YOU CRUSH YOUR GOALS.

"Nutrient timing plays a crucial role in maximizing the benefits of strength and conditioning workouts.Strategically consuming nutrients **before, during, and after** exercise can significantly impact performance, recovery, and adaptation.

Pre-workout nutrition focuses on providing energy for the session, primarily through carbohydrates, while also ensuring amino acid availability from protein. Intra-workout nutrition becomes more relevant for longer or high-intensity sessions, helping to maintain blood sugar levels and prevent muscle

GET FAMILIAR WITH THE FRIENDLY FACES YOU SEE EVERYDAY AT HIT!

Coach Jo brings unstoppable energy and motivation to every HIT X and Turf class. She challenges you to**give your best, tackle obstacles**, and **finish strong** — with a positive spirit that keeps you moving forward. You can find her leading the way on **Sundays**, **Mondays, and Wednesdays** — join in and feel the difference!

"*I love coaching because it's about more than just reps or rounds; it's about helping people discover what they're truly capable of—mentally, physically, and emotionally. Watching that transformation happen, seeing someone walk in unsure and leave empowered—it never gets old.*"

Jo Feathers

HIT X & Turf Coach