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HITATHLETIC

ISSUE #3

July 2025

**Fuel Your Fire,
Find Your Strength**



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

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.

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

Community Workouts:

We're launching monthly *Community Workouts*! These are FREE classes open to both members and non-members—think boxing, cycle, yoga, and more. It's a great chance to move, sweat, and bring a friend. First session drops soon—stay tuned!

HITROX:

Get ready for the heat! We're hosting our own **half** HYROX-style simulation—HITROX—right here at HIT Athletic on **Saturday, July 26**. First solo heat kicks off at 8 AM, and doubles teams go from 11 AM–12 PM. Come test your grit or cheer on the crew!

[Sign-up Here! >>>](#)

HIT Girl Walks Starting This Month!

Calling all ladies who love a hot girl walk and good company—HIT Girl Walks are here! We're getting together every 3rd Sunday of the month to move, laugh, chat, and get a little sunshine. No workout gear needed, no pace pressure—just show up, bring a friend, and let's get those steps in the fun way.

Meet us at Merit Coffee in the Seaholm District, **Sunday July 20th at 8:30 AM**, to grab a drink and get moving!

Youth Volleyball Camp:

Led by former college and pro volleyball player **Laura Blab**, this camp is built for athletes ages **13–16** who want to level up their skills.

Sessions focus on technique, positioning, and high-energy drills to improve court performance.

Camp runs **Monday–Thursday, 2–4 PM**, during the weeks of:

Sessions: July 14 and July 28

Whether you're preparing for tryouts or just love the game, this is your chance to train with a pro!

[Sign up here >>>](#)

THORNE Supplements:

We finally got THORNE Protein Powder in!

We're also offering **25% off** of select supplements like:

- Men and Women's 50+ Multi-Vitamin
- Iron Bisglycinate
- Basic B Complex
- Basic Nutrients 2/Day

Stop by the front to purchase or if you have any questions on how the supplements can benefit you!

Member of the Month

SHOUTING OUT OUR AMAZING MEMBERS.

Celebrating our July Member of the Month: Matt Henze!

Shoutout to Matt — one of the most consistent faces in the gym and an all-around great guy. Whether he's getting in a solid pump or stopping to chat, Matt brings great energy to every visit. He's always friendly, always helpful, and never hesitates to let us know if something in the gym needs attention (which we seriously appreciate!). Thanks, Matt, for being such a positive part of our community!

Get to Know a Team Member

GET FAMILIAR WITH THE FRIENDLY
FACES YOU SEE EVERY DAY AT HIT!

Meet the Wonderful Front Desk Queen Tayler Williams!

Tayler is the ultimate behind-the-scenes powerhouse here at HIT. She runs the show at the front desk and keeps things moving smoothly day in and day out. She's always on the move and is always ready to solve a



problem, she brings a professional edge paired with a servant's heart. She takes care of her staff like family, loves to travel, and still finds time to jump into morning workouts.

Next time you see her — whether she's greeting you at the front or getting a workout in — be sure to say hello and thank her for keeping HIT humming.

Coach's Playbook

PRO-LEVEL ADVICE TO HELP YOU
CRUSH YOUR GOALS.



The best way to help young athletes succeed is to build their athletic foundation first strength, agility, coordination, and mobility. Without this foundation, it becomes harder to stay healthy and perform at a high level.

Consistent mobility and prehab work go a long way and will benefit your athlete in the long run. It's also important for young athletes to play multiple sports instead of specializing too early in order to prevent overuse injuries and help them develop a broad athletic base that sets them up for success in the future.

Coach Lauren Laborde

Personal Training and Youth Coach

Kid's Corner

PRO-LEVEL ADVICE TO HELP YOU CRUSH YOUR GOALS.



Our summer camp crew has been crushing it! The younger groups have been flying through speed and agility drills, building coordination, quickness, and confidence.

Meanwhile, our older athletes have been getting hands-on with weightlifting fundamentals—learning proper form, building strength, and showing serious focus. Every group has been bringing the energy, staying active, and showing up ready to work (and have fun) every single day. We're proud of these kids!

Looking forward to our last week with these amazing kids!

HIT Turned 5!

Huge thanks to everyone who came out to celebrate our 5th birthday! We had an absolute blast hanging out, playing games, and just enjoying the day with our HIT fam. It meant a lot to see so many familiar (and new!) faces show up to party with us.

Big shoutout to our raffle winners **Sarah Kosan** and **Chris Tejeda** - we're so glad you were there to

celebrate with us!



What's Up ATX?

BRINGING YOU CLOSER TO WHAT'S
HAPPENING LOCALLY

Bob Bullock Birthday Bash

Bob Bullock Museum

07/13/25

Greater Austin Comic Con

H-E-B Center, Cedar Park

07/19-07/20/25

MLS All Star Game

Q2 Stadium

07/23/25

Hot Summer Nights

Red River Cultural District

7/24-7/26/25

What is HIIT?

By: Sarah Fox

High Intensity Interval Training blends short bursts of effort with strategic recovery to deliver serious results in less time. From AMRAP to Interval-style formats, there's a HIIT style for everyone—and we offer both right here at HIT Athletic. Learn how HIIT works and which style might be right for you...

[Read More >>>](#)



HITATHLETIC

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