

HITATHLETIC

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.

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

Father's Day Workout

We're celebrating the awesome dads of HIT with a special workout just for you on Saturday, June 14 at noon. Come get a great session in—you've earned it!

5th Anniversary Party

We're turning 5! Celebrate with us on Saturday, June 21 from 12–5 PM at our Turf Carnival—packed with games, food, music, and fun for all ages. Don't miss it!

Youth & Volleyball Summer Camps

Our Youth Performance Summer Camps are in full swing! Alternating weekly sessions for ages 9–12 (Speed & Strength) and 13–16 (Weightlifting Foundations) run through June and July. [Register here](#)

We're also offering a Volleyball Camp for ages 13–16, led by college and pro player Laura Blab—perfect for athletes looking to level up their skills. [Sign up here](#)

New Merch!

The wait is over—new HIT merch just dropped! These tees are perfect for workouts, rest days, and everything in between. Find them at the front before they disappear.





Member of the Month

SHOUTING OUT OUR AMAZING MEMBERS.

Meet our June Member of the Month, Victoria Soto!

Victoria brings incredible energy to HIT week after week, showing up for multiple classes, staying consistent, and always giving her all. She's also a rockstar in our Run Club, constantly pushing herself and encouraging others along the way.

We love seeing her dedication to fitness and the community, and we especially love when she brings her Isa along—one of our Kids Club regulars who lights up the space with her big personality. We're lucky to have them both as part of the HIT family. Keep crushing it, Victoria!

Get to Know a HIT Team Member

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

Meet the Wonderful Woman Behind our Memberships: Jessica Kloecker

If you've ever walked through our doors and been greeted with a big smile and good energy, chances are it was Jessica. As our Head Sales Director, she's not just a pro at helping people get started at HIT—she's one of the most dedicated and recognizable faces in the building.

Jessica lives and breathes fitness, showing up early most mornings to get her own training in before spending the rest of her day supporting the HIT community. She knows nearly every member by name and brings laughter, kindness, and hustle to everything she does. You'll usually catch her working in the lobby, hanging in the boxing studio, or



recharging at her go-to spots: Chick-Fil-A and Little Woodrow's.

You Guys ROCKED DEKA

You came, you competed, and you conquered.

A big round of applause to **everyone who competed** in our recent DEKA event! Whether it was your first time or you're chasing a new PR, you brought the intensity and represented HIT with heart. We're proud of each of you for stepping up and taking on the challenge.

And a special shoutout to **Craig Lalonde**, our **top finisher**, who crushed the course with a time of **15:05** — ranking **6th in the world** for the day! Incredible work, Craig!
Keep training hard, your next DEKA is just around the corner.



Coach's Playbook

PRO-LEVEL ADVICE TO HELP YOU
CRUSH YOUR GOALS

"It's not just about how hard you go, but how consistently you show up. Getting workouts in on a regular basis helps you get better at movements, boost your stamina and improve your overall fitness. So, make consistency your main focus, and don't forget to have fun through all the sweat!"

Gerry Mantaring

Strength & Conditioning Coach

Kid's Corner

NEWS AND UPDATES FOR THE GYM'S FUTURE
ALL-STARS.

Youth Performance Summer Camp

Our Youth Performance Camp helps young athletes build confidence, strength, and athletic skill in a fun, structured environment. We alternate weekly sessions by age group:

- **Ages 9-12** – Speed & Strength Focus
Weeks of **June 2, June 16, and June 30**
- **Ages 13-16** – Weightlifting Foundations
Weeks of **June 9, June 23, and July 7**

Each camp runs **Monday-Thursday from 1-4 PM**, and is led by our experienced coaching staff. Perfect for young athletes looking to train smart and stay active this summer!

👉 [Register here](#)

Volleyball Skills 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:

June 9, July 7, 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](#)

This Month's Blog Post

BaLaNcE

By: Jessica Kolecker

As we enter the beginning of summer, we find ourselves maybe juggling more than we usually do such as school ending, vacations, camps, kids out of school, all the things! It can be hard to find that perfect balance between showing up for yourself and giving yourself grace when needed. But how do we draw the line and know the difference when giving yourself grace turns into just making excuses?

[Continue Reading >>>>](#)

Thank You, HIT Fam!

Thanks to your generosity, we raised **\$747** for **Ronald McDonald House Charities**. Whether you joined us for the workout or supported the cause in other ways, your kindness and community spirit made it happen!

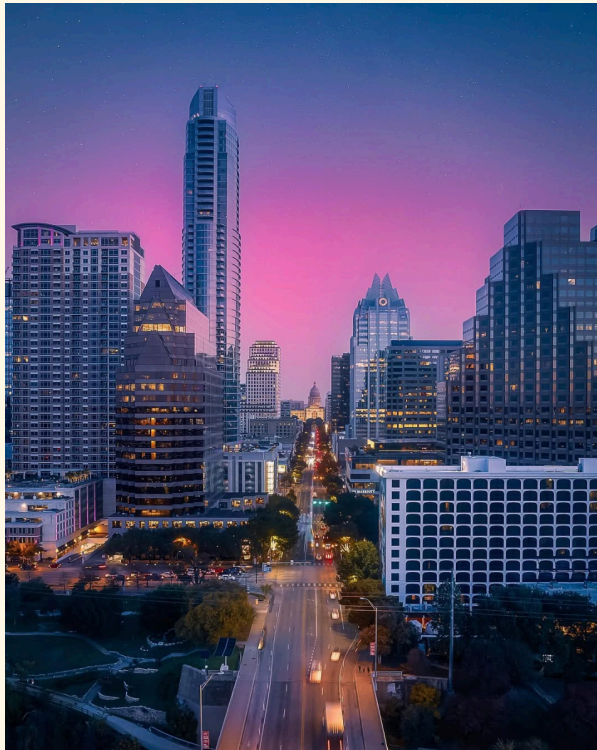
Every dollar goes toward helping families stay close to their children during medical care—and that's

something worth sweating for. We're so proud to be part of a community that gives back with so much heart.



What's Up ATX?

BRINGING YOU CLOSER TO WHAT'S
HAPPENING LOCALLY.



Maudie Moonlight Marg 5K

Downtown Austin

6/05/2025

BLAST.tv Austin Major

JW Marriott & Moody Center

6/2-6/22/2025

Central Texas Juneteenth 2K, Parade & Celebration

Historic East Austin and Rosewood Park

6/19/2025

CONCACAF Gold Cup

Q2 Stadium

6/19, 6/20, 6/24

Upcoming Concerts

Austin, TX

June 2025

