



STRONGER TOGETHER

Crossfit Pink

Gym Sponsor



HYPERSFORMANCE
ATHLETICS
SAVANNAH, GEORGIA

Strength, Power, Energy, Agility... these words are often reminiscent of an athlete. How about Integrity and Trust? At Hyperformance Athletics, the community of athletes and coaches demonstrate integrity and trust during training, competition and everyday life. These are aspects of a lifestyle in forward momentum. These are also fundamentals that cancer patients can identify with. The battle may take a toll on you physically but fighting it will make you mentally stronger for life.

October 1st will mark a community wide CrossFit event for the LowCountry. #TurnItPink in partnership with Hyperformance Athletics will host #STRONGERTOGETHER, an event to bring the community together, sweat together, raise awareness for breast cancer and build everlasting bonds.

Everyone battling cancer needs a support structure. Many times these battles are fought silently or behind close doors. It's hard on our bodies, on our minds and especially our friends and family. With #STRONGERTOGETHER we are here to show you, this does not have to be a solo fight. Even when you feel weak, you can keep moving forward with the support around you. Awareness is half the battle: we encourage you to bring a friend, family-member or survivor.

PINK is the ONLY color for the month of October. Join us, in PINK for #STRONGERTOGETHER and show your support! Don't have any PINK? That's okay - all participants will receive PINK to wear.

Saturday, October 1st, bring yourself, bring your support, bring a survivor, - even if it's your grandmother! The workout will be partner based with teams of four to five people. You will learn how to safely execute functional movements including squats and how to pick an object up off the floor. Wherever you are on your fitness journey, we've got you covered. We'll work together through the workout and finish feeling accomplished - #STRONGERTOGETHER is our motto!

Event Sponsor

ENVIRO VAC
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Date: October 1st, 2016
Time: 9:00am
Location: Daffin Park

Location: 904 E 70th St, Savannah, GA 31401
website: www.crossfithyperformance.com

Contact: *Caleigh Clawson*
Phone: (912) 335-3615

The event will be held in Daffin Park at 9am. We will provide plenty of fluids, your PINK swag and the challenge to make PINK in the gym to the new Black.



Suggested / recommended donation \$20.00. Participation includes #STRONGERTOGETHER custom tri-blend PINK shirt, unlimited hydration and support. 100% of proceeds and donations stay here locally to support, educate and help provide reconstruction services to appropriate patients without financial resources.



www.turnitpink.org



As a local non-profit, #TurnItPink will use funds raised to empower women with the ability to make the best decision for themselves by hosting local events and supporting local and national educational initiatives through BRA - Breast Reconstruction Awareness through the Plastic Surgery Foundation. Additionally, #TurnItPink plans to help provide reconstructive services to appropriate patients without financial resources.

TurnItPink.org is brought to you by The Georgia Institute For Plastic Surgery