

AWAKEN INSIDE'S WEEKLY NEWSLETTER

Week of: 1/22/26-1/29/26



Greetings, from the new owners- Chris and Adam

Happy New Year Awaken Inside Family,

We are excited about the new year, and even more excited about continuing to grow our Awaken Inside community and our shared commitment to whole-body wellness: physically, mentally, and spiritually.

No matter what your goals are this year (and yes, you should have them!), know this: **we are here to help you achieve them**. Whether your focus is strength, endurance, fat loss, mobility, discipline, or simply showing up consistently, you're not doing it alone.

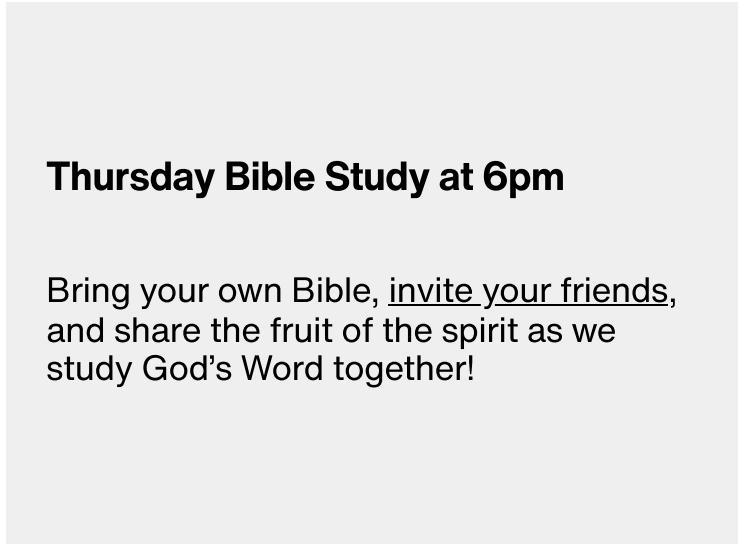
Look forward to our Weekly Newsletter!

What's new this week?:

- Meet Our Massage Therapist (Community Updates)
- MASF Supplements Partnership (Nutrition Corner)
 - Supplement Sale (Nutrition Corner)
 - Meet Our Trainers (Trainer's Corner)

Community Updates

We will be continuing:



Thursday Bible Study at 6pm

Bring your own Bible, invite your friends, and share the fruit of the spirit as we study God's Word together!



Saturday Morning Rucks at 8am

Rain or shine! No weight required, but encouraged! No membership required! GoRuck Sanctioned (on Sandlot and GoRuck Website).



Location Ideas:

To keep things fresh and engaging, we'd love to periodically change locations for these sessions- ideas include the Oceanfront, First Landing State Park, and the Norfolk Waterfront Trail. We're absolutely open to suggestions, so feel free to share *locations you'd enjoy!*



When you attend our community events, don't forget to tag us!

[@awakeninsidegymvb](https://www.instagram.com/awakeninsidegymvb)

Meet our Massage Therapist:

MASSAGE THERAPIST AT AWAKEN INSIDE, THE GYM



ABOUT ME



CRYSTAL PUGH, LMT

Just a little about me! I'm a certified licensed massage therapist with 15 years of experience and a graduate of the Fuller School of Massage. Over the years, I've worked in a variety of settings—including spas, chiropractic offices, rehab centers, and as a self-employed therapist—giving me a well-rounded approach to bodywork. I've had the privilege of working with special forces members, high school to professional athletes, and musicians.

My strengths are in sports massage, deep tissue work, myofascial release, and trigger point therapy. That being said, I'm always happy to offer a relaxing spa/Swedish massage upon request as well. I'm passionate about helping people move better, feel better, and get back to what they love.



INFO AND BOOKING

<https://calendly.com/crystalpclover>

Availability:

- Mon-Fri 9am-6:30pm

Click the link below to schedule your appointment!

[Massage Scheduling](#)

Instagram: [@crystal_clear_recovery](#)

Nutrition Corner

New Partnership:



We're excited to announce our new partnership with **MASF Supplements**, a veteran-owned supplement company built on performance, quality, and mindset.

MASF was founded by **Mitch Aguiar**. He is a former U.S. Navy SEAL, professional MMA fighter, and entrepreneur. Mitch created MASF with the mission of providing supplements that support performance, recovery, and overall health- both in and out of the gym.

MASF Supplements is best known for its premium products that aid in wellness and performance, including greens and reds blends, energy support, and recovery formulas. Every product is designed with purposeful ingredients that are transparently listed.

We're proud to bring MASF Supplements into our family and look forward to offering you trusted products that align with hard work, discipline, and long-term health!

MASF products now available at Awaken Inside:

- MASF Gains- Whey Protein Isolate
- Smashin' Energy Drinks- Clean Energy Supplement
 - 3 flavors- Crisp Mindset, Tropical Mindset, Can Dew Mindset
 - Available in single cans, 12 can cases, and 6 packs. You can even custom build your own 6 pack!

Instagram: [@mitch_aguiar](https://www.instagram.com/@mitch_aguiar) | [@masf_supplements](https://www.instagram.com/@masf_supplements)

As a token of our appreciation, we'd love to offer you BOGO 50% off your next supplement purchase to help you reach your nutrition goals! (limited inventory- while supplies last)!

*1st Phorm Supplements ONLY

1st Phorm S'mores Protein Bars- Buy one, get one free This week only!

Hydration, sleep, and consistency still matter more than perfection!

Trainer's Corner

Our trainers are here to:

- Help you set realistic, personalized goals
- Modify workouts for injuries or limitations
- Support nutrition and recovery strategies
- Keep you progressing safely and confidently



Meet Our Trainers!



Oliver

Availability:

- Mon-Fri- 6pm-11pm
- Sat- all day
- Sun- all day
- Contact at: olivernovenofitness@gmail.com



Cooper

Availability:

- Please contact directly for session times
- Contact at: (757) 803-6768 or coopermjones1@gmail.com



Cierra

Availability:

- M/W/F- 4:30pm-9pm
- T/Th- 4pm-8pm
- Sat- 9am-12pm
- Contact at: (612) 296-3406

*Mornings can be discussed 1-on-1 with client



Gregory

Availability:

- M/W/F- 4:30pm-6:30pm
- Contact at: Crangoose Fitness



Taylor

Availability:

- Monday- 5pm-10pm
- Wednesday- 8pm-10pm
- Friday- 7pm-10pm
- Contact at: (757) 359-7581 or taylors1203@yahoo.com

Trainer of the Week: Oliver



“My training style is built around getting people strong, first and foremost. Along the way, I also focus on mobility, conditioning, and making lifestyle changes. The goal is simple: help clients move better, feel stronger, and build habits that support long-term health both in and out of the gym. I’m looking to take on 5 clients to begin with.”

If you haven't checked in with a trainer recently, now is a great time to do so. Ask questions, request guidance, and lean into the community- that's what Awaken Inside is all about.

We're **grateful** for each one of you and **proud** of the culture we're building together. Let's make this year strong, intentional, and connected!

This week, focus on showing up. Everything else will follow! See you in the gym.- Chris & Adam

Awaken Inside, The Gym



Chris Jordan and Billy-Jo Jordan



Adam Rice