

Body - Mind - & Soul

Luv Nutrition Monthly Newsletter - October 2024

A Note From Coach

Happy October LUV Family,

Here starts FALL, Halloween and the kickoff to the holiday season.

There is still plenty of time to get your goals in gear and work to achieve them. Set your goals, make the achievable...set yourself accountable and come see us at the club! We have some team members who are working hard to make things happen in the last months, so jump on board and be a part of the motivation here!

We have events going on this month, and I want to personally make sure you have the latest updates so you can mark your calendars to be in the action and have a little FUN with your Fitness Fam!

Keep watch on the dates, check the website, and also social media when in doubt.

I hope that as we come to the last few months of 2024 that you will stick to making yourself a priority and getting all that Self-Care LUV in by making it to class and keeping on your results. I have really enjoyed seeing families come in together, husbands loving the workouts, and all the new friendly faces that have found their way to LUV Nutrition.

I sincerely appreciate all of my friends who make LUV their home, who share and spread the word about the club and who make time here full of great memories!

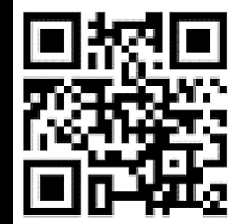
LUV You All,

Coach Diane 💖



LUV NUTRITION
Home of Motivation

3622 Fairmont Parkway
Pasadena, Texas 77504



**Stop By For A Visit At Any Of Our
Workouts Or Click The QR Code
To Visit Our Website.**

Let's train so hard that
nobody can recognize us
after this winter.

You in?



Hear what some of the Amazing LUV Clients are saying about how class left them feeling after a workout.



...dead



...energized



...helps me
start my
day so
energized



...sweat is
sexy



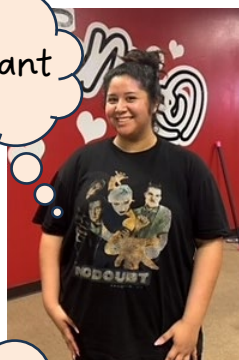
...viva



...can
conquer
the world



...extravagant



...accomplished



...feeling
strong



...it's tiring
but worth it



...awesome
so join us





Upcoming Events & News



Mark Your Calendars For These Upcoming Events

Holiday Pop Up Oct 11th 5:30-9:00PM
COME SHOP WITH US
3622 Fairmont

LUV Nutrition

JOIN US FOR A LUV
Boo Brunch

Bring a Boo Basket
amount \$15
join us for a night
of food/fun and a boo
basket exchange
BRUNCH STYLE
OCT 18th | 6:30 PM
RSVP Coach / Janie
LUV CLIENT EVENT

LUV's 1st Night Market Pop-Up
A fun night of shopping for your Halloween, Thanksgiving, & Christmas Holidays
Friday, October 11th @ 5:30pm

LUV's 1st Boo Brunch
Join us for a fun night of food, fun, laughs, & spooktacular bonding & a fabulous Boo Basket Exchange!
\$25 Limit Cap for Basket
Friday, October 18th @ 6:30 pm

Save the Date: Saturday October 26th 6pm

COSTUME CONTEST
FUN
FOOD
CANDY
PRIZE FOR BEST DECORATED CAR

TRUNK OR TREAT COME JOIN US

TR34T5

LUV Clients bring your kids by for some Halloween FUN with our 1st Trunk or Treat Event here at the CLUB
RSVP to Coach or Janie
-Car Participants also RSVP: 832-863-4367

Sunday November 10th
Wear your favorite team gear
and join as we celebrate

Friendsgiving
2024
with a
TAILGATE
themed
Party!

Sign up sheet at the club
LUV CLIENT EVENT

LUV's 1st Trunk or Treat Event
Bring your kiddos for a safe & fun night of spooktacular fun with games, snacks, & treats!
Saturday, October 26th at 6pm

Happy Birthday!

Join Us Saturday,
October 26th
After 7am Workout
To Celebrate Our
October Clients

LUV's Annual Friendsgiving Celebration
We're truly thankful for the LUV Workout Family & their loved ones who support their journeys as this is certainly a time to reflect on all that we're truly thankful for. Enjoy a yummy potluck while sharing in great friendship, bonding, & football Tailgating fun!
Sunday, November 11th