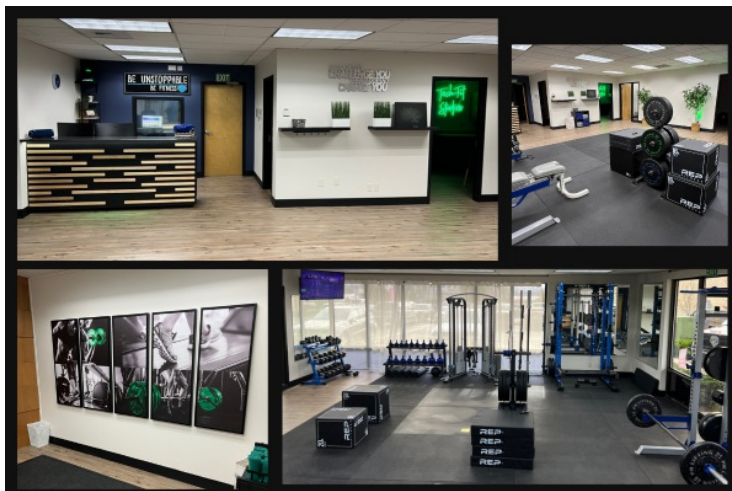




## Welcome BC Fitness Nation to the WHAT's NEWS Newsletter!

Our monthly newsletter is where we can stay connected and keep you informed about upcoming events, fun activities, fitness and nutrition suggestions and tips.

If you have any questions, comments, or suggestions regarding anything featured below or regarding anything else for that matter, do not hesitate to contact us at [brett.bcfitnessstudio@gmail.com](mailto:brett.bcfitnessstudio@gmail.com) or [lydia@techfitstudios.com](mailto:lydia@techfitstudios.com)



## Our NEW Space!

No longer an underground garage band...With much anticipation and a lot of patience, we are so happy to be settled in to our new 2000 sf location on 3100 Bucklin Hill.

This has been a great move for us, giving us the ability to continue to provide the same private,

personalized fitness coaching in a beautiful state of the art facility.

If you haven't had a chance to come by and see it, drop it. We would love to see you!

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## TechFit Studios!

Inside of BC Fitness is TechFit Studios, the latest innovation at BC Fitness designed to revolutionize your fitness journey.

TechFit Studios uses cutting-edge technology integrated into fitness equipment, providing a next-level, quantified fitness experience. Using actionable data that empowers you to optimize your workouts efficiently.

Ideal for the modern, busy professional seeking more from their fitness routine,

TechFit Studios offers a streamlined approach to achieving your health and wellness goals.

Call, email, or text to set up and appointment to discover a new standard of personalized training with TechFit Studios.

360.689.5419

[brett@techfitstudios.com](mailto:brett@techfitstudios.com)

[lydia@techfitstudios.com](mailto:lydia@techfitstudios.com)

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**NOW  
RECRUITING!**

**Corporate  
Wellness**

More than just a  
workout, our Corporate  
Wellness Fitness



Classes provide a unique opportunity for employees to come together, support each other, and build camaraderie in a fun and dynamic environment.

Our strength based training classes cater to all fitness levels and interests.

At \$125 per session for up to 5 people, this offers a great value to those looking for exercising in a private,

inclusive environment with friends, family, or coworkers.

Reach out to Lydia at [lydia@techfitstudios.com](mailto:lydia@techfitstudios.com)

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## Corporate Spotlight



### **Admire Medical Aesthetics!**

BC Fitness welcomes the Admire Medical Aesthetics team as the newest Corporate Wellness Members!

Such a fun group to have in the studio! Looking AMAZING ladies!!!

*Click to visit [Admire Medical Aesthetics](#)*

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## In Case You Missed It...

### Best of Kitsap!

### 3rd straight year!

We are deeply honored and humbled that for the third consecutive year, we have been recognized as the Best of Kitsap.

This achievement is a testament to the unwavering support of our loyal community.

We are truly grateful for the trust and confidence placed in us, and we

remain committed to serving Kitsap with the highest standards of excellence.

These accolades inspire us to continue striving for improvement and to always exceed expectations.

Thank you, Kitsap, for your continued support and for allowing us the privilege to be part of your lives.



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That's it for this month. Thank you for taking the time to read our newsletter. If you have any questions or comments regarding this or anything else fitness and nutrition related, please reach out to us at [www.bcfitstudio.com](http://www.bcfitstudio.com) or email us at [brett.bcfitnessstudio@gmail.com](mailto:brett.bcfitnessstudio@gmail.com)

Kind regards,  
Brett Clark, BC Fitness Studio



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