

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 or lydia@techfitstudios.com

Free TPI Certified Golf Coaching Event!

A great friend of BC
Fitness and mentor,
Dan Weedin, is hosting
a complimentary golf
session designed to
boost club head speed,
prevent injuries, and
keep you enjoying golf
longer.



This is valuable event is limited to 15 individuals.

Scan the QR code or click on the image to RSVP.

I hope to see you there!

Second Lady Lifter's Club Session Added!

We are thrilled to announce the addition of a second Lady Lifter's Club session on Mondays at 5 PM! Due to the overwhelming interest and enthusiastic participation in our current sessions, we

are expanding our schedule to accommodate more members. This new time slot provides an excellent opportunity for those who couldn't join us earlier to be part of our empowering community. Whether you're a seasoned weightlifter or just starting your fitness journey, our inclusive environment ensures that women of all ages and experience levels feel welcome and supported.



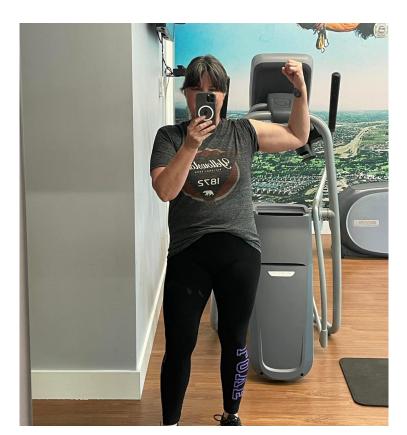
The Lady Lifter's Club is a unique weight training program designed specifically for women aged 15 and up. Our mission is to create a supportive and inclusive space where women can come together to build strength, confidence, and camaraderie. Each session is tailored to accommodate a wide range of fitness levels, from beginners to advanced lifters. Our experienced trainers are dedicated to helping you achieve your personal fitness goals, whether that's mastering the basics or pushing your limits. Join us and be part of a community that celebrates every milestone and encourages you to reach new heights in your fitness journey. For more information or to register for an upcoming class contact:

360.689.5419 brett@techfitstudios.com lydia@techfitstudios.com

On Friday's We FLEX!!! IT IS BACK!

Let's see those gains BC Fitness Nation!

Post your pics and tag



BC Fitness

Or send your pics to

brett.bcfitnessstudio@gmail.com or text to 360.689.5419

In Case You Missed It...

BC Blog #48! The 5 second fast!

"Transforming mindless snacking into mindful eating in just seconds"

Read the latest blog post from Lead Trainer and Performance Nutritionist, Brett Clark



BC Blog #48 The 5 Second Fast

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 or email us at brett.bcfitnessstudio@gmail.com

Kind regards, Brett Clark, BC Fitness Studio







©2024 BC Fitness Studio | Silverdale, Washington, United States of America

Web Version

Preferences

Forward

Unsubscribe

Powered by **GoDaddy Email Marketing** ®