



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.



Dan Weedin, TPI Certified Golf Coach
Back 9 Walking Golf: The Body Swing Connection

Hey there!

Ready to take your golf game to the next level? You're cordially invited to an in-person complimentary session that'll transform the way you play golf!

Certified by Titleist Performance Institute (TPI), I'm all set to help you boost club head speed (imagine hitting the ball farther), prevent injuries (so you can play pain-free), and extend your golfing days for a lifetime!

Introducing: "Back 9 Walking Golf: The Body-Swing Connection"

In just 45 minutes, we'll delve into unlocking the secrets of an efficient swing tailor-made for your body.

This program will be held in the beautiful new facility of BC Fitness Studio in Silverdale. It will be packed with eye-opening discussions and practical tools to apply in your very next practice session.

Mark your calendar: June 12th at 6:00 pm at BC Fitness Studio - 3100 NW Bucklin Hill Rd St 107 • Silverdale, WA 98383

Bring along your 7-iron to join the fun. But hurry, spots are limited to 15 lucky individuals, and they will fill up fast!

Don't miss this incredible opportunity to improve your golf game and make memories that'll last a lifetime. See you there! -Dan

Date: 06/12/2024 (Wed.)
Time: 6:00pm - 7:00pm PDT
Location: BC Fitness Studio
3100 NW Bucklin Hill Rd, Ste 107,
Silverdale, WA 98383

Scan to RSVP!



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.

LADY LIFTER'S CLUB
MONDAYS 5PM THURSDAYS 6PM

LIVE AS LADIES, LIFT AS BEASTS

BC Fitness
WWW.BCFITSTUDIO.COM

\$25 Drop-in
APPOINTMENTS AVAILABLE
SPACE LIMITED

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**



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