

June 2025

GymNews



A Great Night Out!

From a sit down bar, straight to Pop world! Still a great night out, thanks to everyone who came out and enjoyed a drink or 5! We need to make it a more regular thing so look out for the next night on the town!



This Month's MTF Blog.

How to Stay Focused and Make It Happen!

Do you ever feel like your goal is so far away that you'll never reach it?

Don't worry – you're not the only one! When you're working towards something important, it can often feel out of reach, especially when faced with everything it takes to achieve it.

Click [HERE](#) to read this month's blog and find out why!



Member of the Month

This month's member of the month goes to, Ellie!

For achieving an incredible weight loss since she began training, being consistent with exercise and putting herself forward for events to keep her drive going to achieve your final goal. We love having Ellie at class and can't wait to see what she'll achieve! Well done Ellie keep up the good work!

Monthly Motivation

"It does not matter what you bear, but how you bear it." Seneca

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Meal of the Month

Fancy a smoothie?

Try bad boy out! This Cinnamon Roll Protein Smoothie has 22g of protein and is so easy to make!

Give it a try and let me know what you think!
Click [HERE](#) for the recipe!



It's nearly time to take on the challenge of our first competition, Yorkshire's Fittest!



There's still time to sign up, click [HERE](#)! It's just £30 per team and we'll be having a bit of a social after too. Find the workouts below that you'll take on, on the day!

A Comp For Everyone!

Yorkshire's Fittest is a competition for everyone. The workouts will be tough but are adaptable for all levels and abilities with a scaled option. We are going to have a live online leaderboard, Dezzy B DJ bringing the tunes and R H Photography getting the snaps! If you'd like to take part, be sure to sign up [HERE](#) before June 30th!



Have a laugh!

What's the difference between a dad joke and a bad joke?

The first letter.

