

MORETONE FITNESS

GymNews

APRIL, 2026

WHAT'S COMING UP AT MORETONE FITNESS



MORETONE DAY OUT AT YORKSHIRE HEART VINEYARD!

We'll be going to Yorkshire Heart Vineyard to do their signature wine tasting as our next gym outing.

DATE: Saturday 11th July 2026

TIME: 13:30

COST: £22.50pp

WINE: 3-6 included

If you'd like to join us please let me know so we can book the slot for the right number of people.

If you don't like wine, they also have beer! For the link to the website please see or see WhatsApp - Socials group.

Our Women's Health Workshop

Thank you to all the ladies who came along to the women's health workshop on Sunday. I hope everyone found the workshop useful and managed to take away lots of useful information that will help you through the stages of life.

It was great to have Ruby at the gym sharing her knowledge and delivering this workshop. Ruby has sent over lots of information which has been shared in the workshop WhatsApp group so make sure you check it out if you'd like to recap or see it.



MEMBER OF THE MONTH



Our member of the month for April 2026 is Cari Llewelyn Jones!

This goes to Cari for being a legend throughout the last few months! She's kept up with her training even as it became increasingly more difficult to touch her toes (baby bump)! She's being a great member of the team here at MoreTone Fitness and has put in some serious work over the years! Well done Cari, and thanks for being part of the community! Good luck with the new baby and all the happiness it brings!



What's the difference between an Indian and an African elephant?

One of them is an elephant!

Meal Of The Month!

Click [HERE](#) to try this lovely Moroccan Cod & Bulgur Salad. With 34g of protein and 18g of fats this is a great lunch or tea! Try it out and let me know what you think!



BLOG - Cardio is King!

Let's talk about the one thing that can take your progress from alright to unbeatable... **CARDIO**

Click [HERE](#) to read this month's blog and find out how to work with an injury so it doesn't stop your progress at the gym!