

April 2025

GymNews



**This Month's
MTF Blog.**

Tommy & Conan's Cake Sale

A massive thank you to everyone who came along to the gym, donated and supported Tommy & Conan with their cake sale this month! They managed to raise a huge £260 which will be going towards our £5,000 fundraising target for Hull NICU!



Training Style

We all have our favourite snack, route to drive, colour, book, film, and people. So naturally, we're bound to have our own favourites when it comes to working out too...

Click [HERE](#) to read more about why you should find the right training style for you.



Member of the Month

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

Not only is Cay one of the nicest people I've met, but she's also making some great progress in the gym! She's been lifting more weight in class and has consistently attending classes and making progress at MoreTone Fitness for quite a few years now. Well done Cay, keep it going!

Monthly Motivation

"Only those who risk going too far can possibly find out how far one can go." – T.S. Eliot

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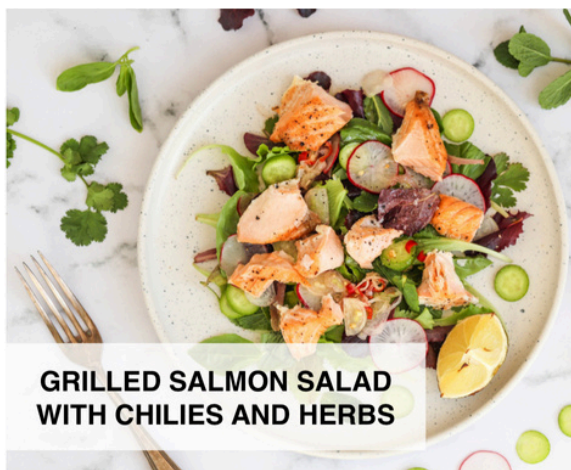


Meal of the Month

Let's get that protein in!

Try this grilled salmon dish with 32g of protein, 10g of carbohydrates and only 11g of fat.

Fancy giving it a try? Click [HERE](#) for full details. Let me know what you think!



Let's party!

This is your reminder to keep June 7th free for our summer do! My thought is we could go to Roxy ball room for a few games and drinks then if people want to continue and go into town they can or call it a night.

An afternoon of learning new skills!

What a fantastic self defence course we had this month! Thanks to everyone who attended, we really hope you enjoyed it and feel more confident when out and about, armed with your new skills. Keep an eye out for the next course coming soon. Keep safe out there!



Book collection

Are you a reader? We have a motivational bookshelf coming to the gym, and need books! If you've read anything that has inspired you, biographies, self help books, inspiring stories or anything along these lines, and no longer need them please donate them to the gym, the shelf will be up and running with a donate a book and take a book rule. Let's inspire through reading and share the things we've found inspirational.

Have a laugh!

I asked my PT if he could teach me to do the splits.
He said, "How flexible are you?"
I said, "I can do Tuesdays and Thursdays."

