

November 2025

GymNews



📣 JANUARY CHALLENGE 📣

Do you want to kick the new year off the right way? Get fit and start a year of fitness that'll get you results? I'm going to run the January Challenge. To take part you'll just need to have The Real Deal membership and commit to a minimum of 4 classes each week in the month of January. This is a kick-start challenge to get you into a new fitness routine and get back on track after the Christmas break. We'll take measurements on the first day back in January and the last day of January. The winner, who makes the most change and commits to the classes, will win a prize and become Member of the Month in January 2026! If you're in, just let me know!



Member of the Month

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

This doesn't take much figuring out if you come to class, John's commitment to class is fantastic. Often doing two classes a day, John makes sure he gets to the gym and when he's there pushes himself at every session, lifting more and more and getting PBs on all his lifts! Not only that he is a big part of the MTF community always contributing to things going on and encouraging others!

Brilliant work John. You're a very valued member of MTF!

Monthly Motivation

Fall seven times, stand up eight.

– Japanese proverb

This Month's MTF Blog.

**Resistance training
is good for the soul
& the goal!**

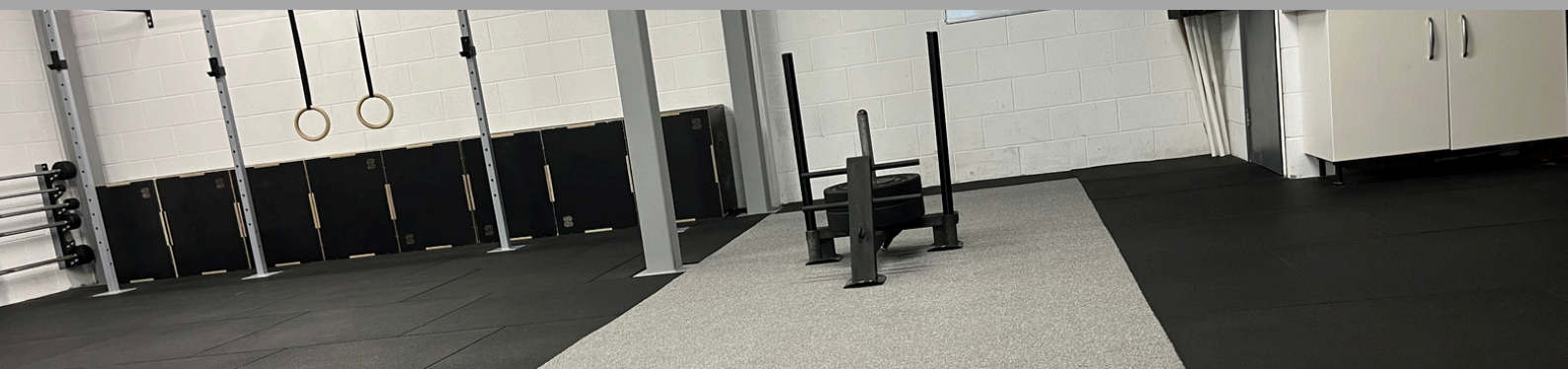
I'm going to give you 5 benefits of resistance training and why it needs to be part of your plan! Click [HERE](#) to read this month's blog and find out why!

CLASS MEMBER UPDATE

Just to give plenty of warning, in January class membership prices are going to increase. I always try to make sure my prices are the most competitive in York, but unfortunately, with everything costing so much more at the moment, I am going to have to make a slight increase. More information will be coming soon, along with the updated prices.

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Meal of the Month

Here's a lovely Salmon and feta omelet to try. Perfect for a lunch or tea. it has 20 grams of protein per serving so is a great option to increase your daily intake. Give it a try and let me know what you think!

Click [HERE](#) for the recipe!



SMOKED SALMON, FETA & ASPARAGUS OMELET

NEW CLASSES ADDED TO THE TIMETABLE!

We have some NEW CLASSES now on the app and ready to book! If you haven't seen already they are:

✓ Monday 12:00-12:45
- MoreFit

✓ Thursday 18:10-18:55
- MoreToned Body weight

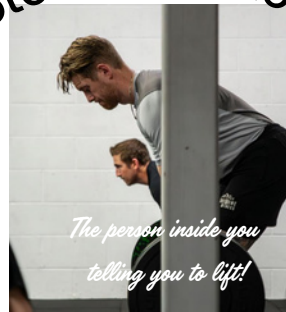
Both classes are available to all memberships so why not come and give them a try, book on via the app!



As we hit December it's that time of year again! We'll be doing a food bank collection the same set up as last year, as it seemed to work very well. Each time you visit the gym please, if you can, bring one item, or bag, for the collection. We will be taking the food over on the Monday before we break up for Christmas. I will post a list of what the food bank needs/are short of.

Let's use our community to help some local people out this year where it may be a struggle.

Photo Of The Month!



Have a laugh!

Think swimming with dolphins is expensive? Try swimming with sharks!



It cost my friend an arm and a leg!

