

March 2025

GymNews



This Month's MTF Blog.

Dream Chasing – 8 Years of MoreTone Fitness

After doing lots of jobs –some brilliant ones, like working on the railway for one of my friends, and also some pretty dull ones, like working in security at York Hospital—I decided I wanted to go it alone and start my own business, MoreTone Fitness...

Read more about the journey of MoreTone Fitness in this months blog. Click [HERE](#).



8 Years Of MoreTone Fitness

A massive thank you to everyone who has been, and are part of MoreTone Fitness! From a field to a gym, with a few stops along the way, it's been a blast and dream come true! Read this month's blog to see how it went and turned out! →



Member of the Month

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

Fiona has been coming along to classes at MoreTone Fitness for a number of years now. She's always been a consistent attendee of class and made sure to fit her training in each week! Fiona always makes sure she has the proper technique of movements we go over and always pushes to keep trying to lift more. Well done Fiona, and thanks for being part of MTF for so long!

Monthly Motivation

"Success doesn't come from what you do occasionally, it comes from what you do consistently." - Marie Forleo

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LAST CHANCE!

Meal of the Month

Fancy an easy and tasty cookie? Give these Oat & Carrot Cookies a try. I know these sound awful, but give them a go they're actually really nice. These cookies are extremely low in fat and an easy one to have as a snack through the day. Click [HERE](#) for full details. Let me know what you think!



Self Defence Course.

This is the last chance to sign on, and take part in our self defence course, on Saturday 5th April. The price for this 90 minute course with belt holding MMA fighter Steve Coupland is £25 for members and £30 for non-members.

Save The Date – MTF Summer Party!

We can't wait until December for another social! So make sure you keep Saturday 7th June free for a big night out! Venue and time to be confirmed. Any recommendations for a venue welcome!



What You'd Like?

I want to host courses and workshops at the gym that would benefit you guys. Bringing experienced people who excel in their field to run the session to share their knowledge and experience. If there is something you'd like to do, please let me know, and I'll see what I can do.

Have a laugh!

I told my wife she should embrace her mistakes...

She gave me a hug.

