

# MORETONE FITNESS GymNews

FEBRUARY, 2026

## WHAT'S COMING UP AT MORETONE FITNESS



**A very successful afternoon!** Thank you to everyone who came along to the biscuit decorating afternoon at the gym. It was great to see families and kids in the gym raising money for a great cause! MASSIVE thanks to John & Julie for all the effort they put in to make the afternoon a success!

We're launching a **NEW** referral scheme and we'd love your help growing the **MoreTone Fitness** community! Here's how it works: For every friend you refer who signs up for a membership, you'll receive £10 off your next month. There's no limit — the more friends you refer, the more you save. Refer three friends and you'll also receive a **FREE** MoreTone Fitness T-shirt. The friend you refer will also get £10 off their first month's membership. Everyone is welcome, so if you have a friend who's been thinking about joining, now is the perfect time.



 [CLICK HERE JOIN THE NEW WHATSAPP GROUP](#)

**Join us for a walk!** On 7th March, we'll be walking from Roseberry Topping to Captain Cook's Monument (8.5 miles). We'll set off from the gym at 08:30 for anyone wanting a lift. Please let us know if you'd like to join us.



My wife's been complaining that I don't buy her flowers!  
I didn't even know she sold flowers!

## Meal Of The Month!

It's cold out—why not try this lovely immune-boosting mushroom soup? It's filled with vitamins A, B, and K, along with potassium. It's delicious and easy to make!



## MEMBER OF THE MONTH



## Our member of the month for February 2026 is Beverley Campbell!

Bev has run like Forrest Gump throughout January and smashed 100km — and she's decided to do it all over again in February! She has been a huge part of MoreTone Fitness for several years and consistently pushes herself in class to lift more and improve every session. Bev is a valued member of the team, and it's great to have her at MoreTone Fitness. Well done, Bev keep it going! Here's to another 100km in March?

## BLOG - Little steps

Having a goal is great. We should all have something to aim for, whether that's in the gym or in everyday life (or both). But big goals can feel overwhelming... Click [HERE](#) to read this month's blog and learn the 3 steps to achieving the goal you have. It's closer than you think — I promise.