

February 2025

GymNews



Food Bank February



Thanks everyone who donated to food bank February! We collected a massive 66kg of food for York Food bank to help local people who need it!



Monthly Motivation

"Success is the sum of small efforts, repeated day in and day out." – Robert Collier

Workout

At each station work for 45s and rest for 15 seconds . Complete 6 rounds total time 30 minutes. (Click exercise for demo video.)

[Station 1 - Jump squats](#)

[Station 2 - Plank shoulder taps](#)

[Station 3 - Walkouts](#)

[Station 4 - Jumping lunge](#)

[Station 5 - Mountain climbers](#)

Member of the Month

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

An absolute legend, and top guy to have at the gym! He's been putting in the work to achieve his fitness goal, by sticking to his nutrition and training targets consistently and it's paying off! He also invented the alphabet game which is a much loved part of everyone's isometric exercises.

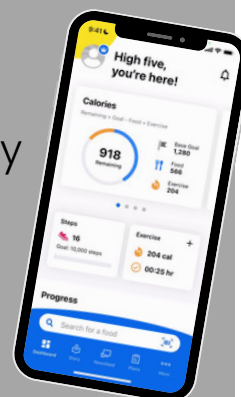
Keep up the good work Mark!

This Month's MTF Blog.

Do you track your daily calories through an app like MyFitnessPal?

If you've had a personal training session or nutritional coaching with me, I'll have told you about calorie tracking. It's a helpful tool that allows you to know how many calories you're consuming, which is key to most fitness goals.

Read more by clicking [HERE](#)



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Coming Up

Meal of the Month

As winter still lingers here's a warming stew! With 36g of protein, 38g of carbohydrate and 7g of fat with a total of 371 kcal per serving. A healthy balanced meal, give it a try and let me know what you think. If you've cooked anything recently and think others would like it please share it for the next MTFNews Click [HERE](#) for full details.



SPANISH CHICKEN STEW
(SLOW COOKER)

Self Defence Course.

We'll be holding the first Self defence course with Steve Coupland on the 05/04/2025 at 13:00. This course will be 90 minutes long and cost £25 for members & £30 for non-members. If you'd like to take part in this, please contact me as soon as possible as spaces are limited.

Refer A Friend Scheme



Refer a friend who signs up to one of our class memberships and get 2 FREE classes to use any time throughout 2025!

Let's grow our community and spread the joy you get to experience at class,



New Resident Photographer

You'll be seeing more of Ruth around the gym, getting photos of all our training, to keep the MTF social media pages looking professional and on point. 📸

Have a laugh!

Why did the golfer bring two pairs of pants?

In case he got a hole in one!

