

MORETONE FITNESS

GymNews

MAY, 2026

WHAT'S COMING UP AT MORETONE FITNESS



3 YEARS IN NETHER POPPLETON

The last 3 years have gone incredibly quickly but have been brilliant—although at times stressful. Being based in Nether Poppleton has been a real dream come true for me as we have this incredibly kind and motivating community that has made the gym a really buzzing and great place to be.

Thank you to everyone who has been involved in the gym and continues to train and be part of the community. As I say every year, if it wasn't for you guys, it would just be me standing in an empty unit, so thank you all.

ANNIVERSARY COMPETITION!

Thank you, everyone, who came along and took part in our 3-year anniversary workout. I hope you all enjoyed it (as much as possible) and are already looking forward to the 4-year bash!

It was very impressive to see how well everyone smashed the workouts and the amazing buzz that was in the gym! A big thank you to Jane & George for once again being brilliant and motivating judges! A massive well done to our top 3 winners—a very impressive performance and very worthy winners. Thank you, everyone, for taking part!



MEMBER OF THE MONTH



Our member of the month for May 2026 is Emma Hirst!

Emma has increased the number of classes she attends each month and is giving more and more at each one! She has massively improved her deadlift, both technique and weight—which keeps going up. Emma is a big part of the MoreTone Fitness community and always has a laugh at class and motivates others! Well done, Emma, thanks for being part of the gym!



Yesterday I was washing the van with my son.

He said Dad, can't you just use a sponge?

Meal Of The Month!

We all love a chicken nugget! These have a massive 32g protein, oven baked and only 270kcal per serving. Click [HERE](#) to try it out and let me know what you think!



BLOG - 3 YEARS IN NETHER POPPLETON!

Although MoreTone Fitness has been running since 2017, the last 3 years in Nether Poppleton is where it's all come together...

Click [HERE](#) to read this month's blog, a big thank you to everyone for supporting me and the gym over the last 3 years!