

September 2025

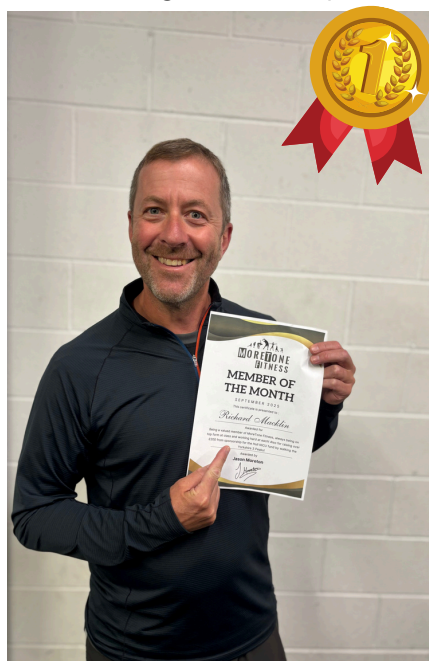
GymNews



TARGET HIT FOR HULL NICU!

Our target is reached and the money donated!

For the 5th year of Tommy & Conan being alive we have raised £5,392, giving us a grand total over the last 6 years of £11,392, donated to Hull NICU for saving our boys lives. Thank you to everyone who donated, took part and supported our fundraising over the years!



Member of the Month

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

Rich has been as valued member of MoreTone Fitness for a long time, he manages to fit in a class or two in between his many trips away and keeps us all laughing at each! Rich walked the 3 peaks with us this month and managed to raise over £200 by doing so to put towards our NICU fund!

Well done Rich keep it up!

Monthly Motivation

"Service to others is the rent you pay for your room here on earth." - Muhammad Ali

This Month's MTF Blog.

Getting Your Shit Together!

So it's Monday morning and you've told yourself all weekend: "Monday, I'm going to start Monday!" Now what?

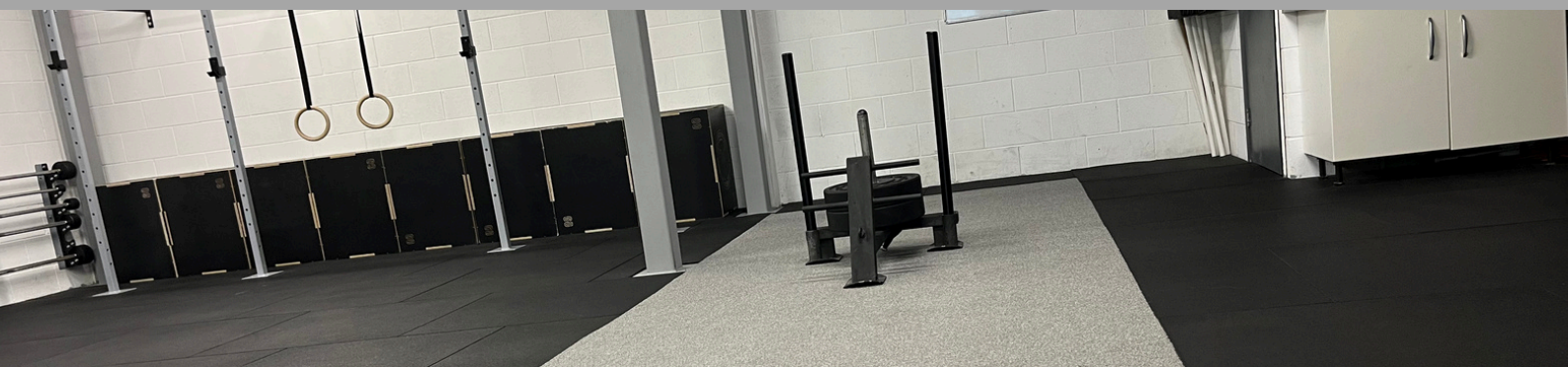
Let me tell you about the art of getting your shit together.

The first big part of getting your shit together is, starting NOW.

Click [HERE](#) to read this months blog and find out why!

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Meal of the Month

Here's a lovely Protein Fruit Bowl. Quick and easy with 25 grams of protein per serving and just 250 calories a great snack or breakfast!

Give it a try and let me know what you think!

Click [HERE](#) for the recipe!



PILATES WORKSHOP

What a great Pilates workshop we had on the 20th! A massive thanks to Lucy from Rebalance Studios for taking the session and a big well done to everyone who took part I hope you all enjoyed it and took something away from it (and your abs have recovered). We will be running more workshops soon so keep an eye out for what is coming up, and be sure to book your space!

Yorkshire Three Peaks

A massive thanks and well done to all that took part in the walk on the 7th a great effort by everyone! We managed to raise all the money needed for the final push to hit our target for Hull NICU! Thank you to everyone who donated and supported us on the day!



Have a laugh!

Yesterday I went to the shop and bought, 1 apple, 1 banana and 2 eggs. The girl on the till said "You must be single!" I said, "Yes, how did you know that?" She replied "Because you're ugly!"

