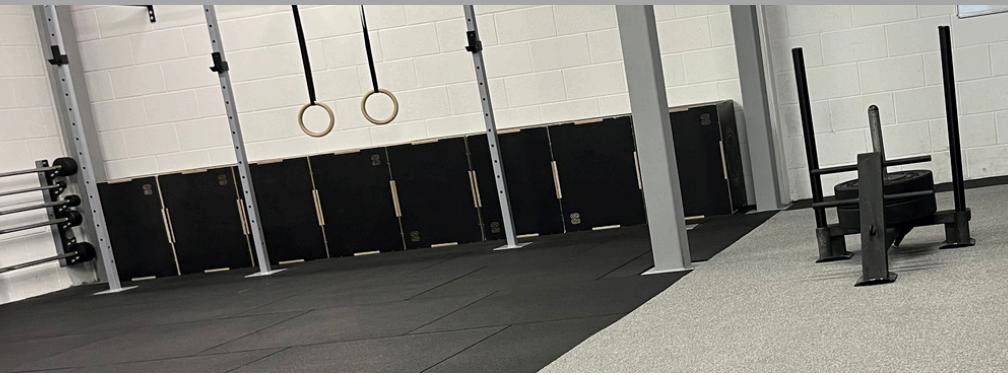


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## CHRISTMAS CLASS!



### Member of the YEAR!

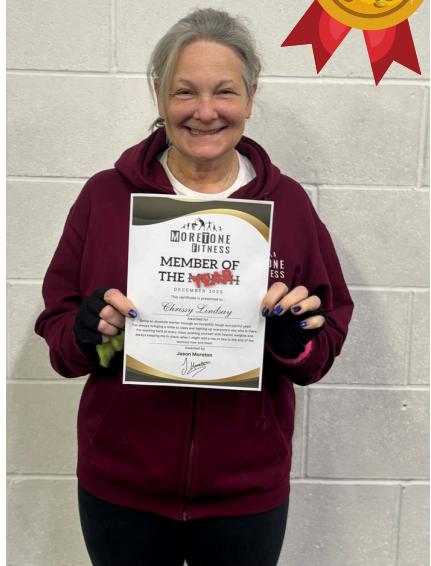


This month's member of the month and member of the year goes to, Chrissy!

It's been a tough year for Chris but she has been an absolute warrior through it all!

She always brings a smile to class and lights up everyone's day who is there. She works incredibly hard at every class and always keeps me in check when I might add a rep or two or even an extra section to the end of a workout or class!

Chris is amazing and an inspiration to us all here at MTF for her true grit and being such a nice person!



### This Month's MTF Blog:

No blog this month as I want to use this space to say...

Thank you all for another great year, thank you for all the support you have given and for being part of MoreTone Fitness!

### CLASS MEMBER UPDATE

The new class price list which will be in place from January 1<sup>st</sup> is as follows:

Single class - £10.00

A Way Of Life - £30.00 \*4 classes per month

The Real Deal - £50.00 \*8 classes per month

In It To Win It - £65.00

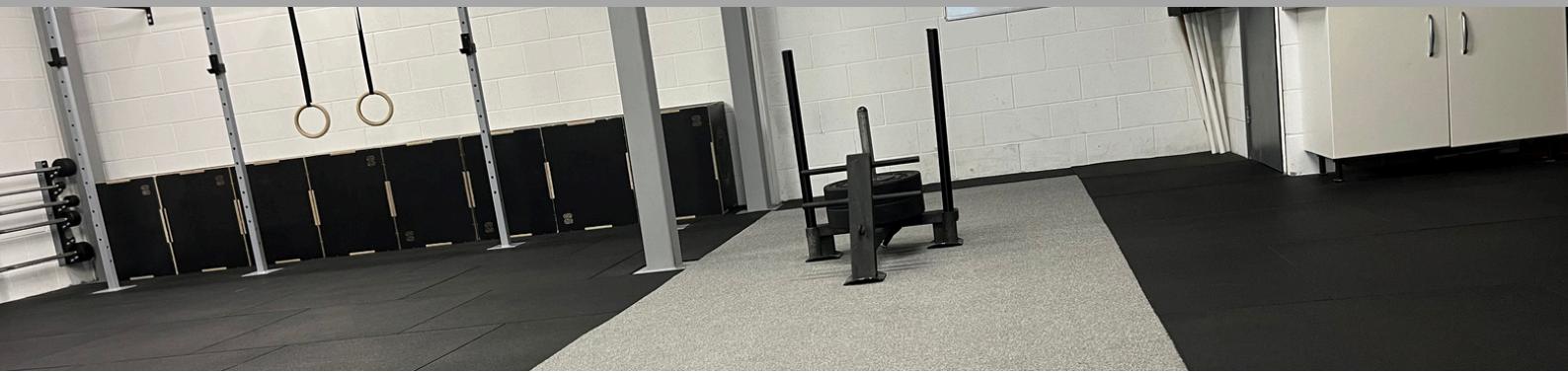
\*unlimited classes per month

### Monthly Motivation

**It's all just a bit of fun - You know who!**

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## Meal of the Month

Try these sweet potato pancakes.

Great as a stand alone snack or a side with your favourite protein source!

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

Click [HERE](#) for the recipe!



## CHRISTMAS OPENING TIMES

It's been a great year this year and we're all ready for a break! We will

be shutting after our Christmas class on the **23<sup>rd</sup> December** and re opening on the **5<sup>th</sup> January** as normal.

## Spread the word!

All new class memberships get 25% off any class membership in January! If a member refers someone they will also get a free class to use whenever they want!

## Have a laugh!

What did one hat say to the other?

Wait here, I'm going on a head!

