

# MORETONE FITNESS

# GymNews

JANUARY, 2026

## WHAT'S COMING UP AT MORETONE FITNESS



**On the 7th February, we will be holding a biscuit decorating workshop.** This will be run by John, who will be teaching you how to make your biscuits look like a pro has done them. This is something the whole family can get involved in, so bring the kids along too. Everything you need will be provided, with a selection of biscuits to decorate. There is a £10 minimum donation to take part, and all money raised will be donated to St Leonard's Hospice on behalf of Chrissy's Walk. If you would like to come along, please let us know.

**On Saturday 7th March, we will be walking Roseberry Topping to Captain Cook's Monument** as a training walk for Chrissy's big hike. This walk is 8.5 miles long and is classed as a moderately difficult route on AllTrails. It would be great to have a good group taking part to support Chrissy in her training for this amazing adventure she's about to embark on.

We will be meeting at the gym and travelling over together, so if you'd like to join us, please let me know so we can organise car sharing and numbers.



## MEMBER OF THE MONTH



### Our member of the month for January 2026 is Julie Atkinson!

This goes to Julie for progressively lifting more and more in class, even when she has doubts. Julie joined MoreTone Fitness at the end of last year and has quickly become a valued member of the team! Julie is great to have in class and has an incredible drive to lift heavier and keep the intensity high during sessions. Well done, Julie — keep it going!



My wallet is just like an onion. Every time I open it, it makes me want to cry!

### Meal Of The Month!

Let's mix up those omelettes and try this wrap! With 20 grams of protein, it's perfect for a snack or breakfast to keep you fuelled. Click [HERE](#) for the full details!



### BLOG - How to Stop Your Resolution Going Down the Pan!...

Is your New Year's resolution starting to feel like a chore. Click [HERE](#) to read this month's blog and get my top tips on how to keep that New Year's resolution going strong and embedded in your routine!