

July 2025

# GymNews



## WHAT AN EVENT!

Huge thank you to everyone who joined us for the first Yorkshire's Fittest event! It was an amazing way to kick things off, and we're so glad to have shared it with such an awesome group. Can't wait for the next one!



## Member of the Month

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

Emma has complained about classes from the moment she started at MoreTone Fitness 😂 but secretly loves them, along with heckling me! She has consistently attended classes making great progress! She's worked around a couple of injuries along the way but always made sure she got to class. Well done Emma keep it up, you're a legend!

## Monthly Motivation

*"If you want to improve, be content to be thought foolish and stupid." Epictetus*

## This Month's MTF Blog.

## Feeling Out of Place?

Do you ever feel like you don't belong in a fitness class or gym because you're not as good or experienced as someone else there?

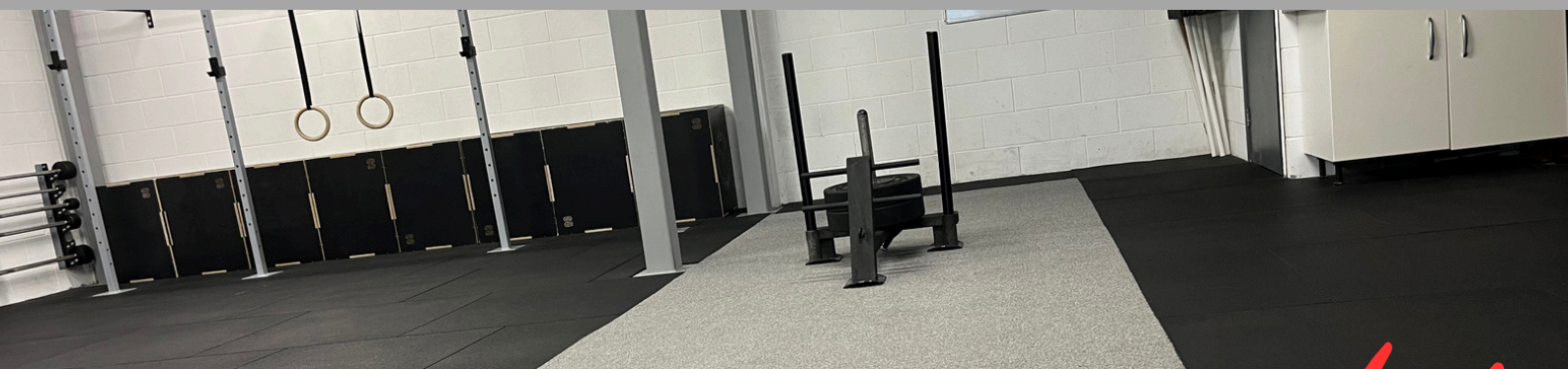
It's totally normal to feel out of place when you're trying something new

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



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## Meal of the Month

Fancy a snack?

Give these strawberry protein muffins a go! It takes 25 minutes to make 12 of these bad boys!

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

Click [HERE](#) for the recipe!



# Holiday

I'll be away on holiday from the 2nd to the 7th of August, so none of my classes will be running during that time. However, Yoga will still be on as normal on the 6th.

## Yorkshire 3 Peaks

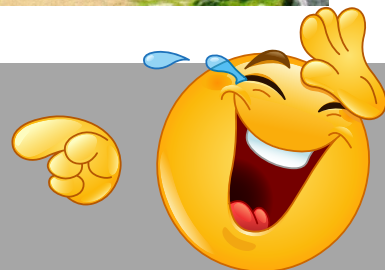
We have £977.45 left to raise to hit our target of £5,000 for the 5th year of Tommy and Conan's life thanks to Hull NICU. I'm looking for 10 people (or more) to join me and take on the challenge, each person has to raise £100 and we'll be doing the walk on Sunday 7<sup>th</sup> September. We already have lots of people joining us but if you fancy it please do get in touch as it's a great walk, a great challenge and all for a great cause!



## Have a laugh!

Waitress "How did you find your steak sir?"

Man "I just looked next to my potatoes, and there it was!"



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## FOR SALE

**BIKE RACK £195, holds up to 51kg - CONTACT GAIL OR NICK AT CLASS.**

