

May 2025

GymNews



Take A Bow Team MTF!

Well done to everyone who took part in the WildHybrid event, not only for completing the course on the day but for the hours of training put in before! You should all be very proud of what you've achieve! 🏆🏆🏆🏆



Member of the Month

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

Steve has not only competed with our team in the WildHybrid competition this month but he also took part in a white collar boxing event and won his bout! Steve put in some serious training for this event and the results show. Well done Steve, we look forward to seeing what you take on next!

Monthly Motivation

"He who sweats more in training bleeds less in battle." – George S. Patton Jr.

This Month's MTF Blog.

Competition, Events & Nerves

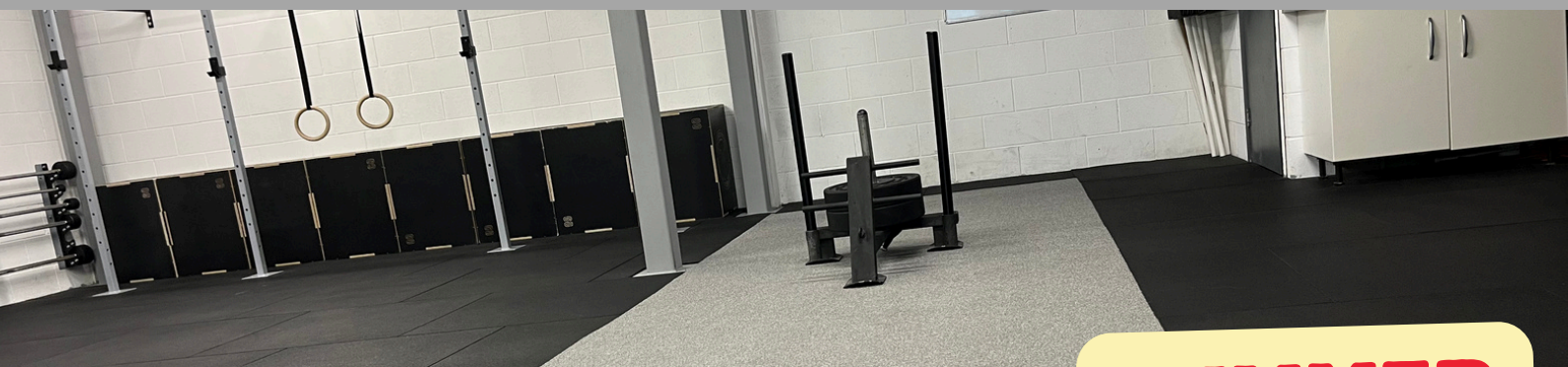
With the buzz of WildHybrid still fresh in our minds, I want to talk about competitions, events—and the feelings they stir up.

If you've been in the gym over the last few months, you've probably noticed the shift. The increase in weights lifted. The sharper focus. The extra effort. Why?

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

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Meal of the Month

Fancy a snack?

Try these banana and yoghurt muffins, not too heavy on the stomach so perfect for a pre workout snack.

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

Click [HERE](#) for the recipe!



SUMMER PARTY!

On Saturday 7th June, we'll be meeting at Brew York - Unit 6, Enterprise Complex, Walmgate, York YO1 9TT at 19:00 for drinks. We will stay in there for a few hours then move on if everyone wants to, partners are welcome to come along too. They do serve food there for anyone who would like to eat there, but that is up to you if you'd like to.

If you're coming along and can't find us on the day just give me a call on - 07456 670738!

See you all there!

The MoreTone Games - 6th July 2025

On Sunday 6th July, we'll be holding our first pairs competition at the gym. This will be a relaxed competition where you can push yourself and continue that training focus from WildHybrid. The event will cost £30 per pair and will be followed by a BBQ and drinks! Get your partners ready!



Have a laugh!

What do you call two monkeys that share an Amazon account?

Prime mates.



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Other Things On!