

MORETONE FITNESS

GymNews

MARCH, 2026

WHAT'S COMING UP AT MORETONE FITNESS



NEW CLASS!

Our first Mat Pilates class with Elle was a great success. This 45-minute class will run every Friday starting at 09:15. It is beginner friendly and also suitable for experienced Pilates attendees and is now on the app to book your space! Any questions just ask!

Women's Health Workshop

running Sunday, 19th April, starting at 10:00. This workshop is 90 minutes long, and we have the brilliant Ruby from York Physio coming to lead the session. She'll be covering a wide array of topics focused on staying healthy, fit, and strong through different life stages. Some of the topics Ruby will cover include: Menopause: Understanding what happens during this transition. Hormonal Impact: How lower oestrogen affects strength, recovery, joints, and body composition. Training Strategy: Why strength training is essential during this phase. Pelvic Health: Pelvic floor basics and how it supports lifting safely. And more! Everyone is welcome to attend. The cost is £35 per person. Please message me to book your spot! This is going to be a great workshop with some very useful information for all!

Please join our NEW gym WhatsApp group to keep up to date with what's going on and pick the things you want to see! Click [here](#) Join the new WhatsApp group or scan QR code. →



My wife rang me and said "if you're not home in 10 minutes, I'm giving your tea to the dog!" I was home in 2 minutes... I'd hate anything to happen to that little guy!

Meal Of The Month!

Click [HERE](#) to try this lovely Salmon & Couscous Salad. With 36g of protein and 29g of carbs this is a great lunch or tea! Try it out and let me know what you think!



MEMBER OF THE MONTH



Our member of the month for March 2026 is Joe Lancaster!

Joe fractured his shoulder playing hockey yet has still been turning up to class and pushing through doing what he can. From one-armed burpees to weight vest squats, he's not given up when it would've been easy to stay home. Joe has set the bar high when it comes to injury and pushing through where you can! Well done Joe, you're a top guy and a massive part of the MTF team! Thanks for being part of the team!

BLOG - Don't Let an Injury Stop You!

Injuries happen. Whether it's a tweaked back, a dodgy knee, or a fractured shoulder, an injury doesn't have to mean the end of your progress... Click [HERE](#) to read this month's blog and find out how to work with an injury so it doesn't stop your progress at the gym!