

October 2025

GymNews

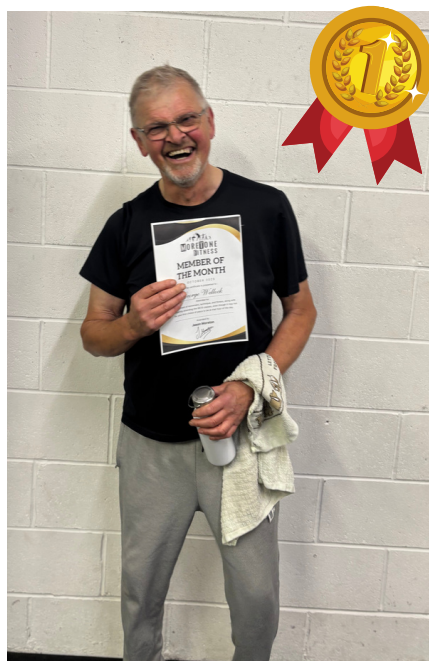


HALF TERM CHANGES TO CLASS TIMETABLES!

Please be aware I will be away over the half term week which is W/C 27th October. The classes will be reduced to the following.

- ➡ Monday 19:00 - MoreToned with Hayley
- ➡ Wednesday 18:00 - Yoga
- ➡ Thursday 19:00 - MoreToned with Hayley

Please make sure you book onto class via the app as these classes are likely to fill up. Everything back to normal on W/C 3rd November.



Member of the Month

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

George has improved his movement, technique, and fitness, along with consistently attending the 06:15 classes, even though it may not be his first choice of places to be at that hour of the day. George has incredible banter which keeps the class laughing even at 06:15!

Top work George. It's great to have you as part of TeamMTF!

Monthly Motivation

"Continuous effort – not strength or intelligence – is the key to unlocking our potential." - Winston Churchill

This Month's MTF Blog.

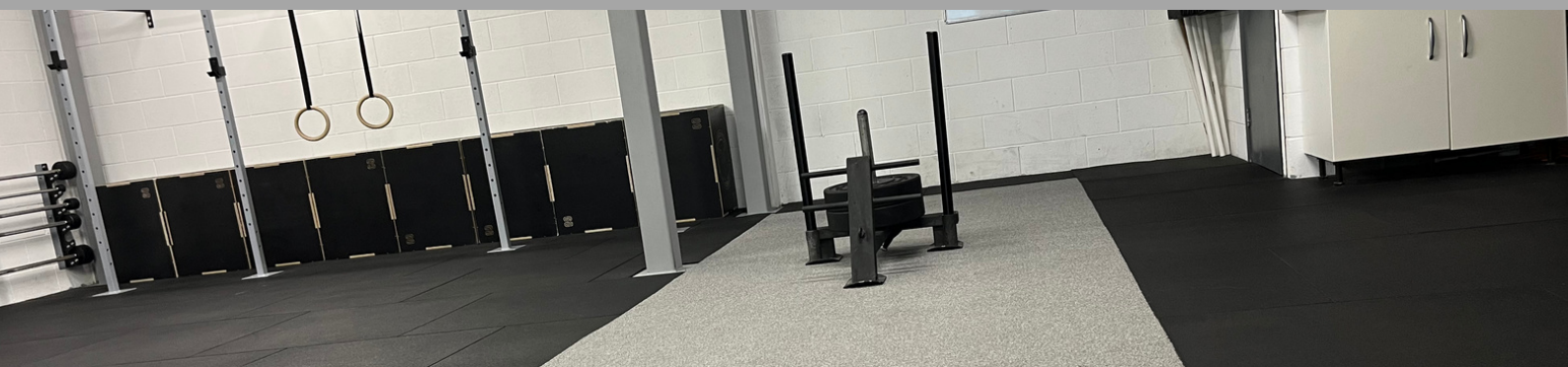
Shop Smart: Making Healthy Eating Easier

Do you ever go to the cupboards to make something to eat and you can't find anything you really want that fits your daily calories, so you just grab anything? You must have, I know I have a few times. I want to share with you 3 tips on how to shop smart...

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

October 2025

GymNews



Meal of the Month

Try these easy to make meatballs with a massive 36 grams of protein per serving. These are low carb and have a total of 309 calories per serving!

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

Click [HERE](#) for the recipe!



NEW CLASS

After the success of the Pilates workshop, I have decided to run a permanent Pilates class. I am still trying to find the best time for this and would love your input. Please let me know what times and days work best for you, and I will do my best to find the right time for everyone.

Welcome Nicky!

From Wednesday 29th October we have the lovely Nicky taking over our yoga class as Kat has now left to go on her adventure and immigrated with her family! Nicky is great and has a lot of experience teaching. Come along and try out one of her classes. Every Wednesday at 18:00!



CLASS CHANGE - Thursday night boxing is having incredibly low numbers and I want to fill it up, or that class, so I'm thinking of putting on a 45 minute high intensity body weight class and just having the one boxing class on a Monday. More details will come soon so keep an eye out!

Have a laugh!

As I handed my dad his 70th birthday card he said

"One wasn't enough?"

