

DECEMBER  
2018

MONTHLY  
JOURNAL OF  
INFORMATION  
FROM Mfit GYM

# GYM NEWS

## FEATURED PROMOTIONS OF THE MONTH

### THIS ISSUE

WHAT'S HAPPENING IN DECEMBER P.1

BUSINESS OF THE MONTH & MEMBER OF  
THE MONTH P.2



### FROM MY FAMILY TO YOURS



We spend so much time and money racing around trying to get gifts for our friends, family and co-workers, that we often lose sight of our own needs. Slow down, take a deep breath, remember what your priorities are and tend to those first. Friends and family usually want the gift of time more than anything, so make yourself available. If financial stress is creeping up on you this Holiday, why not give the gift of something homemade in the form of food, artwork, poetry or time with someone doing something they need help with. We are all creative in our own unique way. At times we need to be reminded that many expensive gifts that we give could be exchanged for our undivided attention instead. Be kind to one another, smile more, take a minute before you react to something that is displeasing... we don't know what our neighbor or co-worker is going through... the Holidays are meant for giving so give of yourself in a creative way - time is precious. If you are alone this Holiday season, why not be of service to a soup kitchen or homeless shelter? Why not pass out gifts to children at a hospital? Why not donate your time to an animal shelter?

Here at Mfit Gym, you all have become our friends and extended family. My staff and I are genuine with our motivation to help you with your fitness and personal goals. The instructors, trainers and front desk staff are here to listen, support and help you with anything you need. Don't forget about yourself this season. Make a change that will enhance yourself, your family, your work environment and most importantly, your own future. Be safe in your endeavors this month. We can't wait to be a part of your New Year!

Melissa



### Christmas Schedule

December 24<sup>th</sup> No evening  
classes or evening staff  
hours

December 25<sup>th</sup> No regular  
scheduled classes or staff  
hours

### NEW YEARS DAY WORK OUT

7am – Core Fit

9-11am – Marathon Spin

11am – Tabata

### ANNOUNCEMENTS

FREE Yoga Class

December 13<sup>th</sup> 6-7pm

Power Vinyasa Flow will be on  
the schedule in January!

New Tabata Class

Starting in January!

Tumbling and Gymnastics  
Classes with Melissa Friday's  
5-6pm at Star Struck Dance  
Academy (Next door to Mfit  
Gym)

### SENIOR RATES

\$25 all day access!

We have extended the time

For all seniors!

### SOCIAL MEDIA

Don't forget to follow us on  
Facebook and Instagram to see all  
of our updates and promotions!



## LETS SUPPORT SMALL BUSINESSES!



Full Metal Jacket Gun Range / Training Center is a full-service shooting range. Whether you need to practice shooting your firearm or your bow (archery), we have the ranges and rentals to make it happen. If you're looking for a well-maintained gun range, look no further. Our indoor, climate-controlled gun range has 14 shooting lanes. We have indoor archery ranges, as well. Rent a compound or recurve bow, buy some arrows and hit the archery range with your friends for a fun afternoon.

3018 Route 9  
Ocean View, NJ 08230  
(609) 427-6774  
www.fmjgunrange.com



Jenenergy Fitness is our licensed Massage therapist at MFit Gym! Book a massage today and receive 10 minutes on the normatec for free! Jen will be at MFit Gym on December 11<sup>th</sup> from 4:30pm to 6:30pm, come say hi and try her chair massages and normatec demo! Cash and Checks only and can be made out to Jennifer Domsic.



Looking to relocate in the Ocean City, NJ area? Or maybe looking for a rental for the summer? Ask for Stephen Olson with Oceans 12 Realty and he'll be able to assist you with all of your needs!

4601 Landis Ave  
Sea Isle City, NJ 08243  
(609) 486-5370  
Oceans12realty@gmail.com

## BUSINESS OF THE MONTH – UT Challenger Sports



UT Challenger Sports

UT Challenger Sports is a co-ed recreation program that enables children ages five and up with intellectual and/or developmental disabilities to enjoy the benefits of team sports participation in an adapted environment structured to fit their abilities. For more information please visit [www.utchallengersports.com](http://www.utchallengersports.com)



### Healthy Holiday Tips!

- ◇ Drink lots of water before, during, and after your meals.
- ◇ Prioritize protein and veggies (70% veggies & 30% other stuff).
- ◇ Don't skip meals beforehand.
- ◇ Keep plate sizes and portions small.
- ◇ Enjoy the seasonal stuff, but be picky with your indulgences (limit dressings, butter & gravy).
- ◇ Eat slowly and without distractions.
- ◇ Stop eating when you're full, or when something is no longer enjoyable for you.
- ◇ Be aware of grazing.
- ◇ Give away leftover dishes.
- ◇ Go for a walk after dinner.
- ◇ Remember that you are lovable and valuable.

## MFIT GYM MEMBER OF THE MONTH – Kim Campbell



### HEAR HER STORY IN HER OWN WORDS:

#### KIM CAMPBELL-

My health journey started in April of 2017, when my Dr. stressed to me that I really needed to lose weight and start an exercise program. I've been a member of MFit Gym for 5 years, but decided it was time to take my Dr's advice seriously. Now I consider myself a regular at the Gym! My husband, George and I have EACH lost 40 pounds since April, 2017! Having the accountability and support system has helped me stay motivated.

George is an avid spinner & I too enjoy taking Spin classes with Debbie. I love taking different classes that MFit Gym offers. Yoga was always something I was interested in but never thought I was flexible enough, with Melissa's modifications, I'm enjoying yoga. What has been especially rewarding is Laida's Synergy classes. It proves to me how far I have come. My next goal would be to take a Core-fit class, but I'm not so sure about 5:45am haha.

My husband has a passion for road rides and has completed 5 Century (100 miles) Rides. My 2019 goal is to ride a Half Century with him! With my daughter graduating from college this year and my son getting married, George and I are trying to stay active and travel more in our spare time. I have also started playing volleyball again in the OC Women's League.



### FEATURED PRODUCT OF THE MONTH: OASIS



Are you stressed about the Holidays? Do you feel run down from your busy schedules? This portable super fruit-flavored powder helps you adapt to occasional stress and supports cognitive and immune health. This solution for the occasional stressful environment helps bring balance back to your life by combining the nutritional benefit of adaptogens, berry extracts and B vitamins. Oasis is an easy to take on the go, caffeine - free source of energy which can be combined with other AdvoCare products.

***We want to know who you are! So many new faces and we'd love to be able to put a face to the name! If you stop by the Front Desk for your picture to be taken for your membership account, you'll receive 2 FREE Small Group Classes!***

