

FEBRUARY
2019

MONTHLY
JOURNAL OF
INFORMATION
FROM MFIT GYM

GYM NEWS

FEATURED PROMOTIONS OF THE MONTH

ANNOUNCEMENTS

FREE Advocare Nutrition
Workshop & Seminar
February 27th from 6:30p-8pm!

Super Bowl Workout
Join Melissa at 11am for
Cycling and 12pm for Tabata!
Reservations Required
Free for Members
\$10 Drop In

SPECIALS

February 11th – 16th ONLY

Personal Training Special

5 for \$99

10 for \$198

20 for \$396

MEMBERS ONLY

Class Cards Special

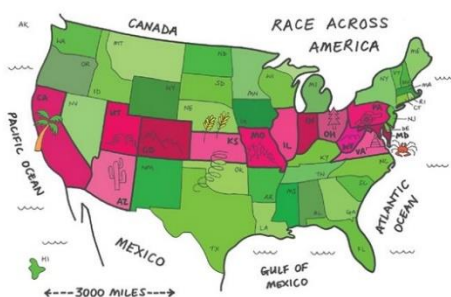
Buy 5 get 10

Buy 10 get 20

Limit 2 Per Person

SOCIAL MEDIA

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



RACE ACROSS AMERICA CHALLENGE

We are giving away a **FREE ONE YEAR UNLIMITED MEMBERSHIP** to one of the participants of our Race Across America Challenge. Winner will be chosen **LIVE** on March 31st through Facebook. Race with other participants to tackle 12 fitness challenges to get across the map for your chance to win! There will be three levels of difficulty to choose the best option for yourself. Don't forget to sign up at the Front Desk to track your progress as you complete each task!

Are you up for it?

THIS ISSUE

WHAT'S HAPPENING IN FEBRUARY P.1

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



COMING SOON TO MFIT GYM

In the next couple of Months, Wellbeats will be updating their software which will be eliminating all usernames and passwords – allowing you to pick a class from the kiosk without having to sign in! Now it'll be quick and easy to pick from the 125 classes Wellbeats offers, such as, Urban kick, Kettlebell, Yoga & Pilates, Zumba, Cycling and much more!!

Your Survey results gave us the direction we needed to make plans to meet the needs of our members. Thank you for participating and offering feedback.

New Cardio equipment... Pop up classes... an MFIT GYM app that lets you reserve classes from home and chart all of your workouts and progress... open gym for kids... Mommy and me fitness classes.... Larger weight room summer 2019... additional strength equipment!

LETS VOLUNTEER FOR RACE ACROSS AMERICA!

1. The Wetlands Institute

1075 Stone Harbor Boulevard, Stone Harbor, NJ (609)-368-1211

2. Beacon Animal Rescue

701 Butter Road, Ocean View, NJ (609)-390-7946

3. St. Maximillian Kolbe

200 Tuckahoe Road, Marmora NJ (609)-390-0664

4. Boys and Girls Club

317 N. Pennsylvania Ave, Atlantic City (609) 347-2697

5. The Salvation Army – Soup Kitchen Aide

22 S. Texas Ave, Atlantic City (609) 344-0660

6. Humane Society

1 Shelter Road, Ocean City (609) 398-9500

7. Historical Museum

4800 Central Ave, Sea Isle City (609) 263-2992

8. Shore Memorial Hospital

100 Medical Center Way, Somers Point (609) 653-3545

9. American Cancer Society

2030 Shore Road, Ocean View (609) 390-0622

10. Habitat for Humanity

4 Moore Rd, Cape May Court House (609) 465-1626

BUSINESS OF THE MONTH – ADVOCARE



Have you ever wanted or thought about getting a personal trainer? Our Advocare coaches, Kristy Leo and Laida Degan are not only personal trainers but they are Nutritional coaches helping you with diet and proper eating habits. There are a lot of nutrients our bodies cannot produce on their own, which is when Advocare supplements come into play! We help you incorporate our supplements into proper eating regimens for healthy weight loss results or muscle gain. You pay for the supplements and our personal trainers/health coaches will provide you with a free service a long the way through your journey. Your health should be a priority and there are no price tags on feeling your best – we can customize any routine based off budget as well. We are advocates who take the products and can help you learn more about them. Any program can be modified even with restrictions such as pregnant or nursing moms! **Come see us live for a free Nutritional Seminar with a registered Dietician on site for Q&A**

Wednesday February 27th 6:30-8pm. Food and product samples offered. Prize drawing at the end of the night for nutritional products and more! Register at the front desk, non members welcome!

MFIT GYM MEMBER OF THE MONTH – Suze DiPietro



HEAR HER STORY IN HER OWN WORDS:

Suze DiPietro - MFit has been my home away from home since it opened. I was in relatively good shape at the time, working out in the gym and rowing with Under the Bridge Rowing Club. Once Melissa took over the gym, things really ramped up for me. It was my privilege to have had personal training with John Chester, Chris Lear and Melissa. From them I learned so much about technique and they pushed me to go beyond what I thought I could do! Me in a spin class? No way...until I took spin at MFit with Melissa and Debbie (who has the most awesome playlist). Spin expanded my cardio and improved my breathing. Tabata? What is that? Well, anything that involves weightlifting and cardio is surely something challenging and I love it. Synergy with Laida. Just the thought of it makes me cry in my mind! She pushes us and those burpees and jumping jacks in between stations will make you stronger, if it doesn't kill you! Most of all, it's been fantastic to bring my crew team, Under the Bridge Rowing, on Wednesday nights for training with Melissa. She has helped all of us get tougher and more aerobically fit for our sport. What I love most about MFit is the sense of friendliness and family that I've found there. Of course, it all starts with Kristy at the desk! I love going to the gym because it's my home away from home.



FEATURED PRODUCT OF THE MONTH: SLIM & TRIM



Slim & Trim is more than just a weight loss system that helps you get results. It's designed with tools to help you achieve better daily habits that can lead to long-term, sustainable results. These core products help you supplement the gaps of nutrition we're not providing our bodies because so many of us live a busy lifestyle. Let your coach help you get started and guide you with proper meal planning, hold you accountable and help you stay focused and on track to reaching your goals! Changing your daily habits can be challenging – but rewarding when you begin to see results.

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 and get a picture taken for your membership account, you'll receive 3 FREE Small Group Classes!

