

ISSUE

MONTHLY  
JOURNAL OF  
INFORMATION  
FROM MFIT GYM

# GYM NEWS

JUNE  
2018

## FEATURED PROMOTIONS OF THE MONTH

### CLASS SPECIALS

Join us on June 27th for our Sing and Cycle Class! Test your stamina while singing through the entire class to music classics. Do you have a child with special needs? Last Friday of every month (June 29th) there will be a private class that teaches young adults (14+) and adults with special needs, fitness and strength training! Parents can workout for free during class.

### NEW CLASS SCHEDULE!

Please see our website for the updated schedule.

### ANNOUNCEMENTS

#### SUMMER HOURS:

#### Monday- Thursday

9am – 1pm

4pm-8pm

#### Friday

9am-4pm

#### Saturday

8am-11am

#### Sunday

NO STAFFED HOURS

### SOCIAL MEDIA

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

NEW EQUIPMENT COMING!



## MFIT GYM'S 5<sup>TH</sup> BIRTHDAY TODAY!



Would you like to be able to work out and not have to stress about child care for your child(ren)? Every Monday, Wednesday & Friday starting June 25<sup>th</sup> to August 3<sup>rd</sup> from 9:30am to 10:30am we'll offer a kid friendly open gym in a designated area! Each child will be \$25, any additional siblings will be \$10 for the entire 6 weeks! Let your worries disappear while we take care of those little ones for you! For ages 6 years to 12 years old.

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MFIT GYM now offers KIDS BIRTHDAY PARTIES! Our staff will provide a fun and memorable experience for all kids, with activities, games, food and more. We will work closely with you on every detail of planning to ensure your child's day is absolutely perfect! Let us handle all the set up and cleanup so you can be apart of your child's special memories! You can go to our website [www.mfitnj.com](http://www.mfitnj.com) for more information. Registration is required and can be filled out on our webpage.



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SMALL BUSINESSES!



Looking for a new or used car?! Let our members Wayne Sedberry & Thomas Remaley help you out!

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Woodbine, NJ 08270  
(609) 459-0005  
www.gentilinichevrolet.com



Do you live in Cape May County and need some remodeling done on your home? Call Mauricio Morales to help design your next project.

Cape May Court House, NJ  
(609) 465-1591  
mcmbuilders@gmail.com  
www.mcmbuildersllc.com



No Job is too big or too small for our Member Chris Grasso! Need repairs and maintenance done? Call him, same day call back!

(609) 576-0670  
Cgrasso28@gmail.com

## BUSINESS OF THE MONTH – WILD GARDEN



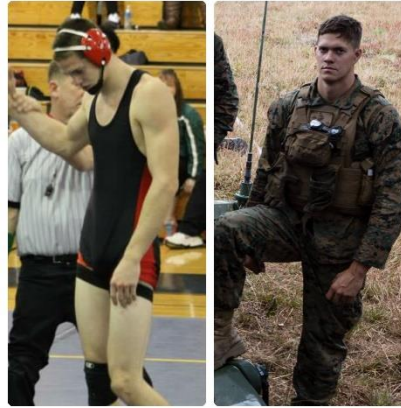
Formerly Wild Garden Accents

**Welcome!** What happens when you combine the handmade treasures and one-of-a-kind gifts from The Maple Tree with the unique garden decor and quality birding products of Wild Garden Accents? You get Wild Bird Garden! As we transition into this new chapter, our goal is to combine the magic atmosphere of both The Maple Tree & Wild Garden Accents into the best shopping experience for all of your home & garden needs.

Located near the corner of Route 9 and Route 50. Near The Baily Grind. Come see all that we have to offer!

3002 N Route 9  
Upper Township, NJ 08230  
(609) 624-9444  
www.wildgardenaccents.com

## MFIT GYM MEMBER OF THE MONTH – JEREMY GRUND



**Jeremy Grund-** “ I have been training at Mfit Gym for about 5 years now. Over those years Mfit Gym has never failed to provide what it takes to succeed and reach your personal goals. When I first walked into this gym as a junior in Highschool, I was 175 pounds. Upon graduating, I enlisted in the United States Marines Corps as a Field Artillery Cannoneer which is a physically demanding job. That truly motivated me to make some changes. I set a goal for myself to increase my weight and try to gain more muscle, over the last 3 years I have gained roughly about 35 lean muscle mass, training 5-6 days a week. I’m proud to be a part of Mfit Gym’s close knit community and intend to stick around for many more years to come.”



Don't forget about our Summer Camp for Kids this summer! Get those kiddos involved in some fun and exciting activities that Mfit Gym, American Martial Arts and Starstruck Dance Academy has put together! Camp will be on August 6th-9th and 13th-16th, from 9am to 1:00pm, open to ages 7-13. Registration Fee is \$175, and each additional sibling that registers will receive 10% off. If you are interested please go to our Webpage at [www.mfitnj.com](http://www.mfitnj.com) under the programs tab to fill out the online registration form.



Just a reminder for those who registered for the Peyton's Promise 5k Run/2K walk, that it will start on June 9<sup>th</sup> at 10:15am on 43<sup>rd</sup> and Promenade in Sea Isle City! We are so excited to run with our Team!

