

**CLASS SPECIALS**

Join us on May 30<sup>th</sup> 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 (May 25<sup>th</sup>) 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.

**ANNOUNCEMENTS**

Memorial Day Class: May 28th

7am – Cycling

8am – Corefit

NO PM CLASSES

NO STAFFED HOURS

**CLASS CANCELLATIONS**

No Class on Wednesday, May 2nd  
4:30p and 6pm

GET YOUR ACCESS CARD NOW  
IN ORDER TO NOT BE LEFT OUT!  
4AM-11:59PM SUMMER HOURS  
WILL BE IN PLACE BY MAY 18TH

**COMING SOON!**

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

**THIS ISSUE**

**WHAT'S HAPPENING IN MAY P.1**

**WORDS FROM THE OWNER &  
MEMBER OF THE MONTH P.2**

**FEATURED PROMOTION OF THE MONTH**

happy  
**MOTHER'S**  
day

HAPPY MOTHER'S DAY to all of our hardworking moms. On Mother's Day May 13<sup>th</sup>, all members and nonmembers are welcome to take advantage of a free workout with your son or daughter. They must be at least 12 years of age or older. This could be a great start to your day and can show your kids a great example of staying healthy! Why change your schedule when the day should be all about you? Take one of our virtual classes on the big screen and bond over some yoga or kickboxing! The offer is between the hours of 8am-12pm.

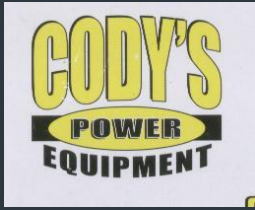
**Peyton's Promise**  
Helping Babies Breathe Easier

Please help us support such a great cause! On June 9<sup>th</sup> at 10:15am there will be a 5k Run/2K Walk in Sea Isle City, something great for the whole family! Profits will be donated to Childrens Hospital of Philadelphia. MFit Gym needs you to be a part of its team! Our goal is to have 30 people registered for this race representing MFit as a group- members and non members, so please join us! If you register with MFit Gym you will receive a discount on your registration, 2 Free Personal Training Sessions and a Dri-fit shirt with our logo. Call, Email or ask us at the Front Desk to register. For more information about this cause visit

[www.peytonspromise.com](http://www.peytonspromise.com).



## LETS SUPPORT SMALL BUSINESSES!



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## MESSAGE FROM THE OWNER – MELISSA JOHNSON

The struggle is real. We often think we have hit our breaking point with ourselves, family, finances or work. Struggle is a part of life, and life is full of roller coaster rides of ups and downs. Stress, time management, over eating, undereating, sleep deprivation, trauma are all examples of things that keep us from doing activities that help us stay focused on our goals. Working out and taking time to work on yourself, while being a part of a social group helps in more ways than one to stay driven and focused. We are all on a journey to become our best self, so let's support each other, listen to each other, encourage each other. We don't know what our neighbor is going through each day and they just might need our patience, words of encouragement or support. Sometimes just a smile can go a long way. Remember to always take time for yourself, get into the gym or out walking a few times a week and make sure you set aside quiet time to nurture your mind. Challenge yourself daily no matter how big or small. Stay positive! Surround yourself with other positive people! We are here for you no matter how far away you have strayed from being the person that you know you can be. Our team is here to support you, we can do this!

## MFIT GYM MEMBER OF THE MONTH – JUDY SOKOLSKI



Judy Sokolski

" I have been a member of MFit Gym for 5 years. I love the quality of the equipment and the convenient hours Mfit Gym offers. I use to personal train with Laida and it has taught me a different side of strength training. She has given me the confidence to try more challenging exercises. The treadmill is my favorite piece of equipment and you can find me on it 6 days a week. When my diet changed, gained 90 pounds and knew I needed to do something. The gym was the driving force I was looking for and I started when I was over 50. Since Melissa has taken over MFit Gym there has been a real sense of comradery and community. The members and staff are all friendly and outgoing. This is such a great place to be and you don't feel like you're alone. When people see me outside of the gym, they joke about how fast I walk on the treadmill, they can tell I am really trying.



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're interested go to our Webpage at [www.mfitnj.com](http://www.mfitnj.com) under the programs tab to fill out the online registration form.

## Yes She Can!

If you missed the last pop up boutique, we will be hosting another one on Monday May 7<sup>th</sup> from 6:30pm-8:30pm! Stay tuned for new apparel from Yes She Can! & MFit Gym!!

