

ISSUE

NOVEMBER  
2018

MONTHLY  
JOURNAL OF  
INFORMATION  
FROM MFit GYM

# GYM NEWS

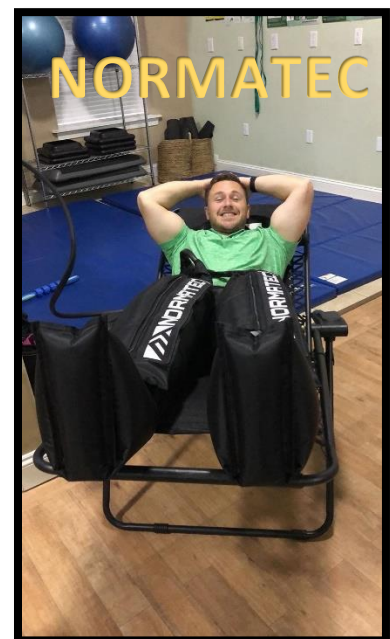
## FEATURED PROMOTIONS OF THE MONTH

### THIS ISSUE

WHAT'S HAPPENING IN NOVEMBER P.1

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

**MfitGym**  
the family fitness center



Jenergy Fitness & Wellness is bringing Chair Massages and Normatec to MFit Gym! Normatec Pulse Recovery System, helps you recover faster between workouts by reducing muscle soreness and improving circulation, come try Norma out for \$1 a minute! Jen's Chair Massages are also a great way to get a quick relaxing shoulder, neck or back massage for only \$1 a minute! You can book a full one hour massage at the front desk during staff hours or contact Jen directly at [jenergyfitnessnj@gmail.com](mailto:jenergyfitnessnj@gmail.com)

### CLASS SPECIALS

Nov. 22<sup>nd</sup>-

Thanksgiving Special Workout

6am – \*SPIN w/Melissa

7am-8:45am – \*Ruck Style

Workout w/Frank, Melissa, & Laida

\*FREE TO MEMBERS, NON

MEMBERS \$10

Nov. 23<sup>rd</sup>- (No 5:30am class)

9:30am – SPIN w/ Melissa

10:30am – SYNERGY w/ Melissa

Nov. 24<sup>th</sup>- NO REGULAR

SCHEDULED CLASSES

### ANNOUNCEMENTS

CLASS SPECIAL =

Pay for 5 and get 10!

Pay for 10 and get 20!

Member pricing

Non member pricing

NOVEMBER 17<sup>TH</sup>-21<sup>ST</sup>

PT SPECIAL!!

5 for \$99

10 for \$198

20 for \$396

Members Only

SENIOR RATES

\$25 all day access!

We have extended the time

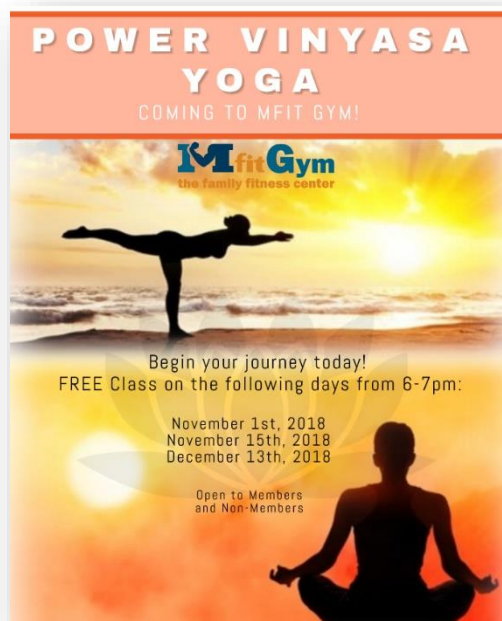
For all seniors!

### SOCIAL MEDIA

Don't forget to follow us on

Facebook and Instagram to see all

of our updates and promotions!



## POWER VINYASA YOGA!

On November 1<sup>st</sup> and 15<sup>th</sup> and December 13<sup>th</sup>, we will be offering 3 FREE classes of Power Vinyasa Yoga. This class is not for a beginner entering into yoga for the first time. Although modifications can be used throughout the class, it is recommended to try the Tuesday night beginner yoga/pilates fusion class to get a jump start into this advanced class. Come Join our Certified Yoga Alliance instructor, Mariah who will be leading this class! Reserve your spots today, we have limited spots available.



## LET'S SUPPORT SMALL BUSINESSES!



The Allstate Corporation is the largest publicly held personal lines property and casualty insurer in America, serving more than 16 million households nationwide. Founded in 1931, Allstate has been dedicated to protecting our customers from life's uncertainties and preparing them for the future for more than 85 years.

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Marmora, NJ 08223  
[www.allstate.com](http://www.allstate.com)  
609.390.1594



Need assistance with planning for your children's college education or your retirement? At Reich Asset Management, they can help you with all of your needs! After all, this will be one of the most important and expensive decisions in your child's life.

110 Roosevelt Boulevard Suite 2W  
Marmora, NJ 08223  
[www.reichassetmanagement.com](http://www.reichassetmanagement.com)  
609.486.5073



DIVINO sea salts and rubs, Maine Sea Salts, Schuler's (local) and Taste Artisanal Herbal honeys, nut butters by Nutty Novelties, Hank Sauce and Ido's Sauces, Jo's Original Pepper Jelly's and Coconola Granola just to name a few goodies we stock at the shoppe. Not sure about a specific balsamic or oil? Come in and visit us at the store or at any of our events. We encourage you try it before you buy it!

709 Asbury Avenue, Ocean City  
New Jersey 08226  
[www.city2shoregourmet.com](http://www.city2shoregourmet.com)  
609.525.0339

## BUSINESS OF THE MONTH – SUSIE Q's



Susie Q's

Stephanie, the new owner of Susie Q's has been a stylist under Susie for many years. As of Septmeber 2018, she took over Susue Q's and is excited to invite you into the full service salon where you will find all that you need to get in your pampering session. They have pedicures, manicures, wash and blow dry, coloring, hair cuts, kids to adults and more! They do a great job preparing your hair for your special event such as prom, weddings or other special occasions. They will listen to your needs for an updo, braids or curls for any event. Come check out the team from Susie Q's. This place is full of spirit and charm and it has a fresh new look inside. Susie Q's is located right next door to Mfit Gym!

96 Route 50  
Seaville, NJ 08230

609-390-9220

## MFIT GYM MEMBER OF THE MONTH – Steve Hepding



### HEAR HIS STORY IN HIS OWN WORDS:

**STEVE HEPDING-** In the Summer of 2017, I had a cardiac event causing chest pain due to underlining coronary artery disease, and a stent was put in. While putting in the stent to open significant blockage, four other moderate blockages were found. I went to cardiac rehab in the Fall of 2017 to strengthen my heart muscle, improve circulation and endurance. However, major changes were needed in my diet. Starting in January 2018, I rejoined MFit Gym to continue my "life" cardiac rehab. With the help of my wife, my new plant based diet, organic meats, and better snack choices, I have discovered what feels like an "Anthony Bourdain-like" food experience. Hopefully, with my dietary and life style changes, I will be in the gym for years to come. MFit Gym facility and staff have been a perfect fit for me!



### FEATURED PRODUCT OF THE MONTH: MUSCLE GAIN



Twenty-five grams of metabolically balanced protein that feeds your muscles the amino acids and other components essential for protein synthesis and muscle building. Muscle Gain™ contains three types of protein (whey protein concentrate, calcium caseinate, and milk protein concentrate) which digest at different rates, giving you a great tasting shake mix that can help you refuel after exercise, between meals or added anytime you need a boost of extra protein to complement your diet. Muscle Gain adds important vitamins and minerals such as vitamin C, calcium and vitamin B-6 to give your body the balanced support it needs to help build muscle and maintain health and wellness.



### 2<sup>nd</sup> ANNUAL PIE IN THE FACE THANKSGIVING DAY WORKOUT!

Join us from 7am-8:45am!  
Reserve your spot today.

