

ISSUE

SEPTEMBER
2018

MONTHLY
JOURNAL OF
INFORMATION
FROM MFit GYM

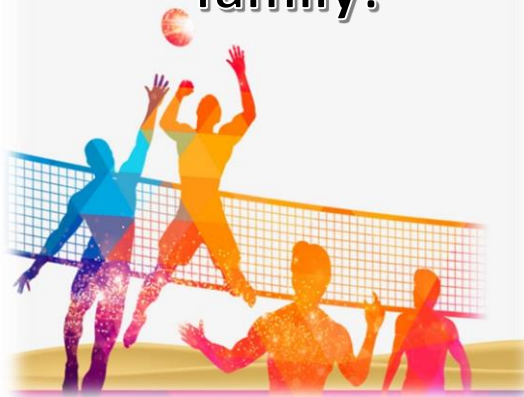
GYM NEWS

FEATURED PROMOTIONS OF THE MONTH

Sign up on our website for....

VOLLEYBALL!

Fun for the whole
family!



MFIT GYM BEACH VOLLEYBALL TOURNAMENT AT STRATHMERE BEACH!

Come join us on September 16th from 9am-2pm at Strathmere Beach for our first ever Volleyball Tournament! Snacks, T-shirt, shade and drinks will be provided. EMT on-site. Registration is required per team of 4, \$80 a team. Get your employer to sponsor a team from your facility! All team names will be displayed and logos are welcome for our Website and Facebook Page! This is a family event so bring the kids! All are welcome to cheer on the teams and other games will be set up for everyone to enjoy during the down times.

THIS ISSUE

WHAT'S HAPPENING IN SEPTEMBER P.1

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



Corefit for Kids is coming back! Join us on October 9th through December 6th 2018, every Tuesday and Thursday night from 4:00pm to 4:50pm! We can also do private groups and train for any pre/post season sports. For more details email us or call! Mfit.nj@gmail.com / (609) 938-1970.

Effective September 10th 2018

☆ NEW CLASS SCHEDULE ☆
WWW.MFITGYM.COM

CLASS SPECIALS

Join us on September 26th for our Sing and Cycle Class! Test your stamina while singing through the entire class to music classics.

FUNCTIONAL FITNESS! Ages 55+
Free with gym membership. Work on your stamina, strength and flexibility with this free class for active adults, every Wednesday at 11:00am!

ANNOUNCEMENTS

FALL/WINTER HOURS:
Effective September 10th

Monday- Thursday

8:30am – 1pm

4pm-8pm

Friday

8:30am-5pm

Saturday

8am-11am

Sunday

8am- 11am

New Classes for fall!

Monday 9:30am spin/synergy and
night spin is back at 6pm with Debbie
Kickboxing with Frank Tuesdays 5:45am

Saturday we added a spin class at

7:15am with Melissa

SOCIAL MEDIA

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



LET'S SUPPORT SMALL BUSINESSES!



TEC Elevator is a full service elevator company. We install new elevators, modernize existing elevators, and repair and maintain all types and varieties of vertical transportation. If you or someone you know is looking to install an Elevator, see Darlene for more details.

510 S. Shore Road
Suite C
Marmora, NJ 08223
(609) 938-0647
www.tecelevatorinc.com



Dr. Louis L Demoulin is a Chiropractic Specialist in Marmora, New Jersey. He graduated with honors from Life Chiropractic College in 1984. Having more than 34 years of diverse experiences, especially in CHIROPRACTIC, Dr. Louis L Demoulin affiliates with no hospital, and cooperates with other doctors and specialists without joining any medical groups.

52 Tuckahoe Road
Marmora, NJ 08223
(609) 390-8490
Demoulinchiroctr.com



Marmora Auto & Truck Center, a full-service preventive maintenance and automotive repair center. We perform high quality, guaranteed service you can trust at a fair price. We repair domestic and foreign vehicles and we are your best choice for scheduled maintenance of your car, SUV, or truck. Need repairs? Ask for Max!

1231 U.S. Highway 9 S
Ocean View, NJ 08220
(609) 390-0001
www.marmoraautoservice.com

BUSINESS OF THE MONTH –

Trinity Nursery
School



Our nursery school is a Christian-based school that provides educational experiences that includes guiding principles from God's word. In addition, other areas of growth are developed, including the social, emotional, physical, cognitive, and creative aspects of learning focusing on the child.

The Nursery School's purpose is to provide an enriching educational environment for children and their families, one that nurtures a love of learning, awareness of self and others, and a sense of accomplishment built on each child's natural curiosity. We are committed to building communities for children, families, and staff that: Share God's word through the bible to enable children to learn, grow, and know God's love. The staff practices safety and is nurturing. In creating a home to school connection with families as an essential part of the educational process. Trinity Nursery school provides developmentally appropriate curricula that inspires learning, curiosity, and fun. We respect and accept people of all cultures, family structures, abilities, religions, gender, and ages.

MFIT GYM MEMBER OF THE MONTH – Isabella Freund



HEAR HER STORY IN HER OWN WORDS:

Isabella Freund- "I am so thankful to be a member to MFit gym. I am surrounded by amazing people who are so supportive. Not only have I become physically and mentally stronger, but I have also become confident in myself. Laida has truly been a blessing to be around. She has helped me find my goals, and ways on how to achieve them. She is always ready to go, and every session is new and exciting. Laida has really helped me find confidence in myself, and I am so thankful for her. Being a titleholder in the Miss America's Outstanding Teen Organization, you need to be both mentally and physically strong. This newfound confidence I have found has helped me in promoting my platform Make-A-Wish: Kids for Wish Kids. In addition, with the fitness portion of the competition, it's truly beneficial to be fit and comfortable in your own skin. A special thank you to MFit Gym for all of your help, and Laida for being an absolutely incredible trainer. My brother Antonio Freund has also been training with Chris Lear and has noticed such a difference in his overall strength and energy.



Come by and say Hi on Sunday, September 16th from 9am – 2pm! We'll be featuring some Advoca products and free Samples!! Let's Rethink what you drink with some Rehydrate! Stay hydrated with Electrolytes and amino acids during your volleyball game! Great for children ages 4+, and also perfect for sports! Full table with samples and products!

ADVOCARE
REHYDRATE
MORE REASONS TO SWITCH

71% LESS SUGAR
COMPARED TO GATORADE

NO ARTIFICIAL COLOR



We now have Mfit Gym apparel for sale!
Tank Tops - \$20
Dri Fit Shirts - \$20
T-Shirts - \$10

Stop by the Front Desk to purchase yours today!

MfitGym
the family fitness center

