

CLASS SPECIALS

March 12th cycle class is cancelled, however there will be a virtual class setup in place (will not count as a class). Join us on March 28th for our Sing and Cycle Class! Test your stamina while singing through the entire class to classics from the 70's. March 30th Do you have a child with special needs? Last Friday of every month 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.

Coming Soon! Functional Fitness live classes for Older active adults – Mid April (Date to be Determined) – Free with membership!

PERSONAL TRAINING

SPECIAL!

Need a little motivation to help you get ready for the summer? For one week only, March 19th – 26th, we are offering personal training packages at 5 for \$99 or 10 for \$198! Don't miss this opportunity to get a jumpstart on your bathing suit body. Members Only.

OUT OF TOWNERS

Are you from out of town and want to try the facility? Purchase a 5 visit pass for \$20 or a 10 visit pass for \$40! Visits expire after 6 months.



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FEATURED PROMOTION OF THE MONTH



ARE YOU STRESSED OUT? Do you search for ways to cope with stress? On March 24th from 4pm to 7pm, we are hosting an all women's WELLNESS event! This event will include one hour of yoga, demonstration of tapping for stress reduction, an hour of Mindful Weight Control (class) taught by a licensed nurse practitioner and Yogi to help with stress eating and offer awareness with your relationship to food. This portion is a science research based method.

After some relaxation through our yoga and instruction on weight control, join us at our Pop Up Boutique for some healthy refreshments (complimentary) from the Baily Grind! Pop Up Boutique will include essential oils, jewelry, chair massages, athletic apparel, a demo of Aerial Yoga, natural lotions and soaps, a registered local dietitian on site for any questions and answers you may have! Registration is only \$15! Limited space available. You do not need to be a member to participate in this event. Must be 21 or over. Complimentary samples of organic wine will be available.



LET'S SUPPORT
SMALL
BUSINESSES!



Forza Fitness specializes with Aerial Yoga! Visit their website for a free week trial or 3 classes for \$25.

www.forza.fit

36th & Landis
3514 Landis Avenue, Suite 101
Sea Isle City, NJ 08243

Yes She Can!

Looking for affordable and comfortable athletic wear, bathing suits or bras? Go see Dana at Yes She Can! She even does professional fittings!

www.yesshecannj.com

30 Tuckahoe Rd
Marmora, NJ 08223



Looking for speed and agility training? Go check out Exodus for more details!

www.exodussports.com

623 Bay Ave
Ocean City, NJ 08226

FEATURED BUSINESS OF THE MONTH – SCHULER SECURITY



Sandra has been a member with Mfit Gym for over 4 years. She uses Laida Degan, a personal trainer at Mfit Gym as a part of her fitness routine in order to stay on track with her busy schedule. Schuler Security is a local business that was established in 1987 and family owned by Sandra Schuler. They service commercial security as well as in home security, Fire alarms, surveillance cameras, intercoms, sound systems and more! Need a flat screen TV wall mounted or wifi set? Schuler security can help you. For pricing and details stop on by Schuler Security's webpage or give them a call for a free estimate! They currently service Atlantic, Cape May & Cumberland Counties.

www.schulersecurity.com

**133 South Shore Road,
Marmora NJ 08223**

MFIT GYM MEMBER OF THE MONTH - JULIE FOSTER

Julie Foster - "I was actively training with a personal trainer and working out before I had to have back surgery that forced me to take some time off. Once I recovered, I started working out at another gym but couldn't get the motivation I was looking for, so I decided to try MFit Gym. I initially had a hard time trying new things, so I would always just work out by myself. Melissa started small group training classes in 2017 and suggested I try them, and without hesitation I did.

Eventually, once a week turned into twice a week, and before I knew it, I was one of the "regulars". I have been working out for over 20 years now, but since becoming a member at MFit Gym, I have lost 40 lbs and I feel better now at the age of 56 than I did when I was in my twenties.

As a teacher, staying healthy allows me to feel like a positive role model to my students, to teach them how health is important.



This Summer we are working together with the American Martial Arts Academy and Starstruck Dance Academy to bring to you a Summer Camp for kids ages 7-13! August 6th – 9th & August 13th – 16th (Monday-Thursday 9am-1pm). Lots of exciting activities to keep those kiddos active!

Join us on our social media sites and check out our webpage at www.mfitnj.com.

