

# FALL BACK INTO FITNESS

OCTOBER 2020

WHAT'S NEW

NEWS

CHALLENGES



## HOLIDAY EDITION

MHOP.FIT

Fall has officially arrived and we could not be more excited to bring you some holiday spirit the Mini way. New challenges, New apparel, and New programs to help keep you feeling like your best self. Below is all of the updated information for what's taking place inside the den.

[VISIT US TODAY](#)

## INSIDE THE DEN

*New Programs, Retail, Life Coaching, Challenges, and MORE!*

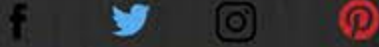


### RETAIL IS READY!

*It's getting cooler out and we've got you covered. We know you have been hearing about our new retail, and it is here! Hoodies, Long sleeves, hats, and more! Go to [mhop.fit](http://mhop.fit) to see sizes and varieties and email your order to [info@mhop.fit](mailto:info@mhop.fit) or let Susan know at the front desk.*

### MIND, BODY, SOUL

*Every single thing we do has a profound effect on the life that we are molding. Day by day, moment by moment we are either further shaping the person that we seek to become or we are swiftly walking in the opposite direction. Through the implementation of my unique lifestyle training practices you will find out first-hand just how close you are to achieving your goals. Take advantage of your free one-on-one session with Rocky. Schedule today as spaces are limited! Contact [info@mhop.fit](mailto:info@mhop.fit) or call 19161933-7246.*



FOR MORE INFORMATION:  
916-933-7246 | 4990 HILLSDALE CIRCLE, STE 200 | MHOP.FIT



### CHALLENGE ACCEPTED!

As the holidays fast approach, we want fitness to be apart of the fun. That's why Mini's House of Pain is in the process of developing a month long challenge to help you stay active as life gets even busier. Look out for an email in the next coming weeks with all info you'll need to participate!



### KEEPING IT CLEAN

At Mini's House of Pain your safety is our top priority. In light of the COVID-19 pandemic Mini's has taken every precaution to be able to operate safely. This includes: keeping all doors open at all times to create maximum airflow, utilizing outdoor space to ensure we stay 6ft apart at all times, sanitizing each piece of machinery after each use, and creating a new screening test before each member enters the facility. Please let us know if you have any questions of concerns about these new guidelines at [info@mhop.fit](mailto:info@mhop.fit).



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