

BACK TO SCHOOL EDITION!



SEPTEMBER 2020

WHAT'S NEW

NEWS

EVENTS



LET'S GET TO WORK

MHOP.FIT

Mini's House of Pain has been there for you during these changing times and now that school is back in session we want to continue that support. At Mini's House of Pain we have been working hard to bring you the best experience possible. With constantly changing safety regulations, an updated website, new merchandise available in October, and new groundbreaking technology being integrated into the MHOP app, we have a lot to share with you! You can expect us to resume the newsletter monthly so that you can stay up to date with everything happening inside the den.

VISIT US TODAY

INSIDE THE DEN

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



THANK YOU!

2020 has hit us like a ton of bricks... From COVID, to fires, to distance learning, this year has brought struggle to everyone and we want to thank you for trusting in us to help you stay strong during these uncertain times. Whether you are coming into the den or choosing to stay virtual for now, your continued support is appreciated because we couldn't do this without you!

WHAT IS THE DEN MENTALITY?

When you come to the gym, you come here to work... All of your focus should be on the task at hand. Wolves travel in packs as a family and here at MHOP we want to be apart of your pack; your family! We want to be your support system, and we want to help you see results in being the best you can be. That is what Den Mentality is all about.



CONGRATULATIONS

We want to welcome baby Kaden 'Kade' Ravano to the world who was born happy and healthy on 8/27/20. Congratulations Meredith and Steve Ravano!



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



Retail!

New retail items are coming your way in black, white, and navy blue for fall/winter 2020. So look out for an email for when they drop in the next month.

SEPTEMBER ANNOUNCEMENTS

MHOP App!

We know you have been anticipating the MHOP app, and we can assure you it is on its way! We have partnered with IOM the tech company behind Nike, Apple, and every major sports team app and they are working hard to bring us an even more elevated product. We are working harder than ever to deliver the most high quality and efficient app you deserve.



PE PROGRAM & JR TROJANS

Distance learning is tough enough, and physical education (PE) is missing. At MHOP we have risen to the challenge and designed a PE program for your student(s) to help keep them active and engaged. This program is designed to accommodate your families "new normal" that we have been forced to face. The den is here to be an extension of your home. Your student(s) will be working with our coaches to add variety to their schedule while also learning the fundamentals of health and wellness

We want to thank and welcome the OR Junior Trojan program and we look forward to educating and enhancing the health of the youth in our community.

MONDAY	WEDNESDAY	FRIDAY
KIDS 12 AND OLDER Sessions Starting @ 12 and 1 pm	KIDS 12 AND OLDER Sessions Starting @ 12 and 1 pm	KIDS 12 AND OLDER Sessions Starting @ 12 and 1 pm
TUESDAY	THURSDAY	
KIDS 11 AND UNDER Sessions Starting @ 12 and 1 pm	KIDS 11 AND UNDER Sessions Starting @ 12 and 1 pm	

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