

FEBRUARY 2021

FEBRUARY NEWSLETTER

Monthly

INSIDE THE DEN



UPDATES



PROGRAMS

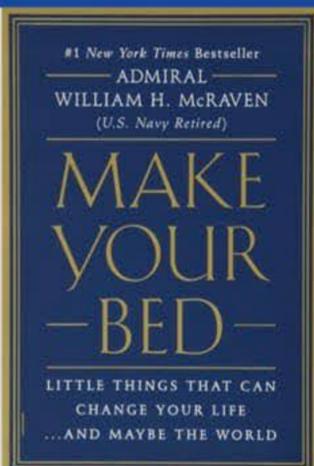


CHALLENGES

"IF YOU MAKE YOUR BED EVERYDAY THEN YOU WILL HAVE ACCOMPLISHED THE FIRST TASK OF THE DAY."

"If you want to change the world, start off by making your bed."

— Admiral William H. McRaven



February 2021
Vince Mini's
BOOK OF THE MONTH



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

GIVE THE GIFT OF LOVE



Show Them You Care

Put it in your calendar!
MONDAY FEBRUARY 22ND is an additional bring a buddy to class. February is the month to give the gift of love and to show your loved ones you care. Bring them in for free to show them you care about their health, strength, and longevity.

RUNNING PROGRAM UPDATE

by Coach Maria

Get Ready. Get Set. Go! Coach Maria is leading a running program every Wednesday and Saturday. Here are the details:

- Who: Coach Maria and YOU!
- When: Every Wednesday at 6 AM and Saturday at 7 AM.
- Why: 'I am a firm believer that anyone can be a runner if they are willing to be patient and put in the work'. - Coach Maria

THE LOCATION CHANGES WEEKLY SO CONTACT COACH MARIA IF YOU ARE INTERESTED!

@mfhb@me.com



Ring the Bell!

If you are joining us in the MHOP facility you might have seen some new additions. The PR bell is up and in use. When you accomplish a PR (personal record) you get to go over and ring the PR bell.



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COVER UP:

We have a dress code at the gym to keep your shoulders covered. This is for your safety! Please remember this when getting ready to come to the facility.

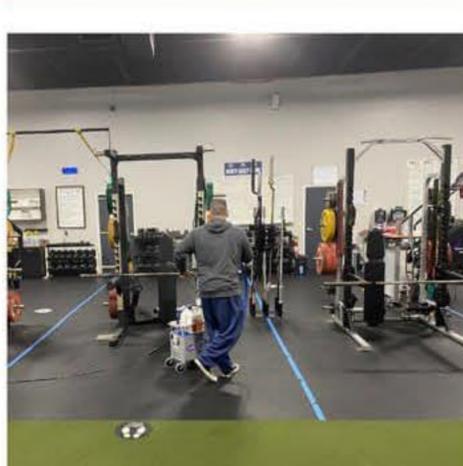
FUN SOCK FRIDAY



Every Friday is fun sock Friday, but Friday the 12th we're getting in the spirit... Wear your favorite Valentine's Day socks and be featured on the MHOP social media!

KEEPING IT CLEAN:

This is a reminder that we are constantly keeping our facility spotless with weekly professional deep cleaning and constant wiping down of the equipment after use. PLEASE DO YOUR PART by wiping down your equipment after you use it.



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