

# SWEATCLUB NEWSLETTER



## THIS MONTH :

- **HYROX WALL BALL CHALLENGE**

Your Mission: As a gym to perform the most amount of wall balls in the month of April! Hyrox will award the partner gym with the most wall balls 10 brand new wall balls! Since both our locations are partner gyms, this means we have double the chance to win! A rolling tally will be on the whiteboard at both locations!

- **GET READY FOR MAY!**

April is a slow month with races and events, but things are picking up a lot in May, so get ready!

## ROADRAGE TRANSFORMATION CHALLENGE

Our Road Rage challenge ended mid-March and we had some AMAZING transformations! Most of the contestants lost 10lbs+, shed some massive body fat and gained a ton of health and nutrition knowledge to last a lifetime! Congrats to our challenge winner, Summer Otey! What stood out the most with her 66-day journey was her dedication to the challenge. The big request over the 66-days was to step out of your comfort zone, this was done through daily postings, progress pictures, participation in the mini challenges and livestreams, weekly and monthly homework assignments, sticking to macros, getting workouts in and cheering on and supporting everyone in the group. If you missed this challenge, don't worry because we are going to have our next challenge coming up in June, the Summer Challenge!



**CONGRATS TO OUR ROAD RAGE WINNER, SUMMER!**

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## NEW ADDED CLASS TIMES!

In case you missed the announcement, we have added more SWEATBOX class times to the schedule:  
Monday-Wednesday-Friday at 9am and Friday at 4:15pm!

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## WOMEN'S SELF DEFENSE CLASS

We started our first 8-week women's self-defense series on March 25th. This class will be happening every Monday from now until May 20th. After our first two weeks we will be closing sign-ups for new participants due to this class building upon the previous class, however, in case you miss this time around, we will start a new series this summer! Classes are \$10 each and open for women 16 years and older! You do not have to be a Sweat Club member in order to attend!

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## TURN UP LADIES NIGHT GLOW PARTY

Mindi is doing it again on Friday, April 5th from 8pm to 9:15pm! \$10 at the door via cash or Venmo!