

SWEATCLUB NEWSLETTER

SUMMER RECAP AND SWEAT CLUB HAPPENINGS...

The leaves might be falling, but don't break out your pumpkin lattes just yet, we still have a few weeks of summer and sunshine left! Keep on reading for your end of summer news and updates!

Summer Sizzle Challenge

This may have been our best challenge yet! So many amazing transformations happened with this last challenge, but it wasn't all just pounds/inches/body fat that was lost... we had people reverse their per-diabetes levels, lower cholesterol, wear clothes they haven't been able to since high school, learn valuable fitness, nutrition tips and habits to last a lifetime and build friendships with like-minded people! That right there is what it's all about! A total lifestyle transformation!



MEET OUR NEW COACHES!

You may have seen them around the gym from time-to-time, and now Richard and Cari are officially part of the Sweat Club team! Both bring years of experience, energy and passion to Sweat Club. You will see Richard at both our locations and helping to manage the Hixson location, helping with bootcamps and taking on new personal training clients.

Cari will be at our Red Bank location helping out with the HYROX classes and personal training for those looking to get in top shape for their HYROX or other fitness race!



Read more about Richard and Cari and our other coaches on our website! If you'd like to set up a 1:1 consultation with them or any of our other coaches, please reach out to us at team@sweatclub.fit to set up your appointment!

<https://www.sweatclub.fit/meet-the-team>

WHAT'S HAPPENING IN **SEPTEMBER?**

YOUR SWEAT CLUB SEPTEMBER SCHEDULE OF EVENTS

SEPTEMBER 2: We will be closed for Labor Day. However, both locations will be open for 1:1 training sessions with your personal trainers.

SEPTEMBER 7: Join us at the Bad Beard Events Oli Kai 3-6-9-hour trail race at Reflection Riding! A Sweat Club members discount code is posted in the closed Facebook group!

SEPTEMBER 14: Join us for our FIRST HYROX PFT challenge! This is an official HYROX event, and pre-registration is required. Scores will be uploaded to HYROX for your leaderboard standings. Due to this event, our Red Bank location will be closed on the 14th for open gym and bootcamp classes. This event is free for Sweat Club members, active military, and first responders. \$20 for non-members payable at the door. There will also be food and snacks available for purchase! To register, head on over to the HYROX PFT link:

https://pft.hyrox.com/event/522fa998-e795-4006-8e15-8e86c5c60b56?fbclid=IwY2xjawFD52dleHRuA2FibQIxMAABHSCk0kely3KAQYQ2yJQy_tp5DzCeXKphGmo_bd39ZjqkdTRkyUIb668JEg_aem_GosYk8qvl5G4KYTUGUTPpw

SEPTEMBER 28: Sweat Club member Traci and SC owner Dawn are heading out to New York for the NYC IRONMAN 70.3 relay race! Traci will conquer the swim and bike, and Dawn will finish it up with the run. Make sure to wish them luck when you see them!

OTHER STUFF:

Our HYROX group fitness classes have officially started! These classes are at our Red Bank location and will vary from week to week, so be sure to check the weekly class schedule on our website or Mindbody app. These classes are included in your bootcamp monthly membership! If you do not have a bootcamp membership, you can purchase a drop-in class or class packs to join. These classes are open to all fitness levels and you do not have to be training for a HYROX to join or benefit from these super fun, high intensity classes!

Starting in September, we will launch our onboarding program for new and existing members. This will involve four 1-hour 1:1 movement sessions to review the basic movement patterns you will experience in any of our classes and general workouts. These will include HINGE - SQUAT - PUSH - PULL.

Price for this will be \$200; sessions must be completed within 1-month. Reach out to us at team@sweatclub.fit for more information or to register!