

September update from YOUR gym!!

Hello to everyone! The summer was pretty darn busy- Beautiful weather, and so many options! Many of you stayed the course and stayed committed to your gym routine, some jumped on the opportunity to enjoy the great outdoors and some others may have slipped from their healthy fitness schedule, but are more than ready to get back to it!!

Wherever you are...Take a look at the updated schedule starting next week! **Your instructors and personal trainers are super pumped to have the honor to lead you into the fall with some super challenging, fun, and exciting classes and some special programs, such as Fall Recess! led by Kale, and our third session of the very successful Commit To Get Fit Program!** Some things will stay the same, but some will change- Never fear- classes will shift, but will never be gone for long!! We have STEP, more boxing classes, more times for Body Pump, and more cycling classes on the side plate as we get deep into fall!!

The schedule for the week 18th is up and ready to go, please have patience as we shake out any wrinkles!

WHAT'S HAPPENING

September is here!!

We have a Baby Pool going for Baby Bridget..info hanging in the lounge!

CTGF Ext class starts tomorrow night with Kale at 615p!

The next Session of RECESS is slated to start in two weeks on Wed eves! 10 people max!!! This session is going to Rock- lots of OUTSIDE!!

This Saturday the 16th -TUG of WAR at Prescott Farm - The event starts at 11a we should gather around 1030a. This is a fund raiser for Prescott Farm, but all you need to do is show up and have fun!! Check prescottfarm.org for more details - you can stay just for the TUG of WAR for the GYM team or plan to spend some time there looks like a great afternoon of interesting offerings!

September 20th 4 - 6p - We are having a **POP UP SHOP** evening - several businesses in the area will be here to show off their wares and services. Check out the flyers at the gym or on our Facebook page for details and **SHARE SHARE SHARE!**

September 23rd- the 3rd **Commit To Get Fit** Session is slated to begin!! Saturdays from 7a to 9a. Check with JP or Janet for further details!!! Email is the BEST- info@downtowngymlaconia.com

September 23rd and 24th - The **Tri Festival in Newfound** is happening - it's a beautiful venue and super fun to volunteer - let me know if you are interested - Saturday we are done by 11a and Sunday anytime between 7-3p even for just an hour!!

October GYM Challenge in the works - Team challenge - we all get to do this one - more info to follow!

October 13th - It's the **ZOMBIE** walk to jump start the **PUMPKIN FEST** and we are THERE.

October 14th- **PUMPKINFEST** we have the **Kids FUN Run** after **The Runaway Pumpkin** 5k and 10k @ Opechee Park and we have a spot downtown to strut our stuff for our Pubmania team, **The Real Downtown Santas**, in the afternoon!!

October 20th- Our first **Rock Steady Boxing BOXATHON** will be here at our gym!! 9a -12p you can BOX, you can sponsor a boxer, or cheer them on!!! Please save the date - we will be posting this in the DAILY SUN and hopefully in other area newspapers!!

I know there is a lot going on in our Lakes Region for fitness options, and I am so glad you have chosen **The Downtown Gym** as part of your fitness plan! No matter where you are in your journey, find what motivates you, AND DO IT!!!

Thank you for being part of this amazing blessing we call **YOUR** gym!!

Sincerely, JP