



## January/February/March update from YOUR gym!!

Hello to everyone!

**Happy 2 year anniversary!!** Yes, we have been open for 2 years!!! You are the heart of our gym and I am so grateful for everyone and all you do to make the gym an awesome place for all! **Your instructors and personal trainers offer our gym family the opportunity to get professional, safe, effective and FUN workouts and are**

**super pumped to have the honor to lead you into 2018 with some super challenging, fun, and exciting classes!** Some things will stay the same, but some will change- Never fear- classes will shift, but will never be gone for long!! We have added Les Mills **BODY COMBAT**, more times to hit stuff, more Body Pump, and are working on a surprise cycling schedule as we close out winter and look forward to spring!!

### WHAT'S HAPPENING

**So much has been happening in the past few months!**

**Our 2<sup>nd</sup> gym baby has arrived.** We are pleased to welcome Conor Garvin to our gym family! Mommy Candice and Nana Lauren are part of our gym family. Congratulations.

**Accounting:** “I forgot to cancel my spot for class” fees will be charged to your account, instead of collecting them at check in. Thank you to all who are remembering to cancel their spots so others can slip in off the wait list!

**Rock Steady Boxing** is in full swing with Coaches Sherry, Pete, JP and Bettie running some seriously amazing classes for our Parkies! We are now running 5 classes a week and our first support group met last Friday! Kate F. is making us get organized- God Bless Kate!! Also- I am pretty sure Kate has dragged in at least 5 new gym rats in the past couple of months!!!

**The 4th Commit To Get Fit** Session began on January 16<sup>th</sup> and this group is off to a great start, losing a combined 20.8 pounds in the second week! They meet on Tuesdays from 5:15pm to 7:15pm. Congratulations to Janet who is leading Bank of New Hampshire employees for our fifth CTGF session that started February 14th! This will be her first official solo class! If you are interested in knowing more about this program and/or would like to sign up please check with JP or Janet for further details!!! Email is the BEST- [info@downtowngymlaconia.com](mailto:info@downtowngymlaconia.com).

**Do you ♥ your gym?** Tell us why and we will share those on our website and Facebook page. You can write it down OR take it a step further and pull out your phone and grab a quick video so we can post it!! Send it to [info@downtowngymlaconia.com](mailto:info@downtowngymlaconia.com) and we will do the rest!!

**Tracy Jenkins is back!** She's back in the morning to challenge you on Thursday mornings at 6am. Top to Bottom Conditioning is filling up fast! We hope to grab her time for at least one more weekly class soon.

**We are also welcoming Zumba instructors Evelyn and Erica to our Friday night 4:30 Zumba classes.** They both come with lots of Zumba experience. Try their classes and see for yourself.

**February Fitness FUN:** We offered free fitness classes to members of our community. On Tuesdays we had “Young at Heart Over 60” workouts focusing on Balance and Posture, Tuesdays Intro to the Gym - fun basic workouts obstacle course for the middle schoolers and on Fridays at 530p - Fit family Fun for elementary school age - Trish and JP taught the first one with lots of help, and Bethany and some of her littles brought in some relays and yummy smoothies this past Friday! **This February offering was a great success! It was wonderful to meet some new people and see some old friends!!**

**Our 2018 Spring Gym Challenge** is in the works – Congratulations to JP's Villains and Vixens who walked away with the last challenge. Check out the blackboard in the group fit area for news on the spring challenge.

**We are continuing our monthly Gym and Tonic's usually scheduled for the first Friday of the month at 5:15pm.** This is an opportunity to connect with your gym peeps on a more casual basis and we will look to balance fun and education events. Last week we had a fun time playing Corn Hole. Tara and Nelson B. were a quite a team!

New to our gym – **Staying Active with Lyme disease support group** – Next meeting is scheduled for Wednesday March 21st at 630p.

**The Sunday DTG Food Prep group** on Sundays from 2-3p has been cooking up a storm. We are fortunate enough to be able to use the commercial kitchen at a local church thanks to Kathy Giovani. We will continue this until the end of March so if you are interested ask JP, Janet or Kathy about more info or email us at [info@downtowngymlaconia.com](mailto:info@downtowngymlaconia.com)

### PAT YOURSELVES ON THE BACK

**Bridget H** has returned to the gym after giving birth to Bryson! So great to have you back!

Check out our January **Member of the Month, Deb Eddy!** Truly inspiring story! We are so proud of you!

**Instructor of the Month – Trish Tryon** – check out her story on our FB page. She always brings excitement and fun to her group fitness classes that keep them coming back. Look for her Burlesque class for ladies only to make a comeback soon.

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

