



The Pulse by Feel Fit

March 2026

Welcome to the very first edition of **The Pulse by Feel Fit**, our new monthly newsletter to keep you up to date with everything happening around the gym. From challenges and events to member highlights and new offerings, this is where you'll find the latest from the Feel Fit community.

Meltaway Challenge Wrap-Up



The **2026 Meltaway Challenge** officially wrapped up with our **Meltaway Challenge Mixer**, where participants got together to celebrate their progress and

announce the challenge winners

Congratulations to our **top three teams** this year:

1st Place: StrongHer Together

2nd Place: Swolemales

3rd Place: Die Lard

As a group, Meltaway participants achieved some incredible results.

Across the challenge as a whole, participants combined for:

- **432 pounds lost**
- **62 pounds of muscle gained**
- **1.5% average body fat lost**
- **452 total inches lost**

Great work to everyone who participated and pushed themselves throughout the challenge. It was amazing to see the dedication and progress from so many members across the gym.

New at Feel Fit: 8 Week Body Transformation Program

Starting **March 23rd**, Feel Fit is launching a brand new **8 Week Body Transformation Program**.

This program is perfect for anyone looking for more structure with their workouts and more guidance on the nutrition side. Participants will receive an **8 week progressive workout plan, nutrition guide, shopping list, meal ideas, and InBody scans before and after the program** to help track progress from start to finish.

Pricing

- **Members:** \$200
- **Non-members:** \$275 (*includes 8 weeks of gym access*)

Ready to join? Sign Up Here!

Trainer Tip of the Month

The most important workout is the one you show up for.

Consistency beats intensity every time.

Smoothie of the Month



SMOOTHIE OF THE MONTH



Lucky Charm

Pineapple Purée • Mango Purée

Spinach • Banana

Vanilla Whey

Lucky Charm

A tropical smoothie packed with flavor and nutrients.
Stop by the smoothie bar and give it a try.

The Final Rep

Thanks for reading the first edition of **The Pulse by Feel Fit**. We're excited to share more updates, highlights, and news from around the gym each month.

See you on the gym floor!