



The Pulse by Feel Fit

April 2026

Welcome to the April edition of **The Pulse by Feel Fit**, where we keep you up to date with everything happening around the gym. With spring here, we've been seeing a lot of great energy and consistency on the gym floor! It's a great time to stay locked in, build momentum, and keep working toward your goals.

New to the Gym or Getting Back Into It? Check out the **Beginners Guide to Feel Fit!**

If you're new to Feel Fit or coming back after some time away, it's completely normal to feel unsure about where to start. Walking into the gym without a plan can feel overwhelming, but it doesn't have to be.

Our **Beginner's Guide to Feel Fit** was created to help you feel more comfortable, confident, and prepared every time you step onto the gym floor. It breaks things down into simple, easy-to-follow steps so you can focus on building a routine that works for you.

Inside the guide, you'll find:

- Simple workout ideas to get you started
- Tips on how to structure your time in the gym
 - Guidance on building consistency
- Ways to feel more confident using equipment

Whether you're just starting out or getting back into a routine, this is a great place to begin.

Click here to check it out:
[Beginners Guide to Feel Fit](#)

Happening Now: Body Transformation Program

Our **8 Week Body Transformation Program** kicked off March 23rd and is already off to a strong start. Participants are working through structured workouts, dialing in their nutrition, and building consistent habits week by week. We're excited to see the progress everyone makes as the program continues.

If you see participants in the gym, be sure to encourage them along the way!

Trainer Tip of the Month

Progress comes from small improvements over time. Try to add a little more weight, an extra rep, or improve your form each workout.

Those small wins add up faster than you think.

Smoothie of the Month

SMOOTHIE OF THE MONTH



Blooming Berries

Strawberry Purée • Four Berry Purée

Strawberries • Vanilla Whey

Blooming Berries

A fresh, fruity smoothie packed with berry flavor and a smooth vanilla finish. Perfect for spring and a great way to refuel after a workout.

The Final Rep

Thanks for reading the April edition of **The Pulse by Feel Fit**. We appreciate everyone who continues to show up and put in the work each day.

See you on the gym floor!