



The Pulse by Feel Fit

May 2026

Welcome to the May edition of **The Pulse by Feel Fit**, where we keep you up to date with everything happening around the gym.

With summer right around the corner, this is the perfect time to build momentum, stay consistent, and keep working toward your goals heading into the busy summer months.

Student Summer Special Is Back

Our **Student Summer Special** is officially back for the summer.

Students can enjoy **3 months at Feel Fit for just \$125** with:

- 24 hour access
- Group fitness classes
 - Tanning
- Sauna access

Best of all, there's **no contract and no cancellation needed**. Once the 3 months are up, the membership simply ends.

Whether you're home from college, off for the summer, or looking to stay active during break, this is a great way to stay on track all summer long.

Stop by the front desk to get signed up.

We're Hiring at Feel Fit



The graphic features the Feel Fit logo in blue and white. Below it, the text 'WE'RE HIRING!' is written in large, bold, black and blue letters. The background is a collage of three photos: a male trainer assisting a client with a barbell, a female trainer with her arms crossed, and a male trainer working with a young boy. At the bottom, there are three icons representing 'PERSONAL TRAINERS', 'FITNESS CLASS INSTRUCTORS', and 'FRONT DESK STAFF'. A blue banner at the very bottom contains the slogan 'STRONGER TOGETHER. HEALTHIER TOGETHER. FEEL FIT TOGETHER.'

Feel Fit is growing, and so are the opportunities to be part of our team.

Even if you've applied in the past, we encourage you to apply again as our Feel Fit community continues to grow and new opportunities become available.

Personal Trainers

If you're passionate about helping people reach their goals, enjoy building relationships, and love creating a positive training environment, we'd love to meet you. All certifications are considered, and we're looking for trainers who can motivate, educate, and connect with clients of all fitness levels.

Fitness Class Instructors

We're looking for energetic instructors who can lead a room, create a fun atmosphere, and keep members coming back for more. We are also open to new class ideas and formats, so if you've been wanting to bring something unique to the community, we'd love to hear it.

Front Desk Staff

If you're friendly, dependable, organized, and enjoy working with people, this could be a great fit. Our front desk team helps create the first impression of Feel Fit by welcoming members, answering questions, assisting with memberships, and helping keep daily operations running smoothly.

Applications are available at the front desk. Come grow with us!

Trainer Tip of the Month

Recovery is part of progress.

Getting enough sleep, staying hydrated, and allowing your body time to recover are just as important as the workouts themselves.

Smoothie of the Month



Sunny Daze

Pineapple, Bananas, Blueberries,
Lemon, and Vanilla Protein

Sunny Daze

A bright and refreshing smoothie made with pineapple purée, banana, blueberries, lemon, and vanilla protein.

Packed with tropical flavor and a smooth citrus finish, it's the perfect smoothie to kick off the summer season.

Stop by the smoothie bar and give it a try!

The Final Rep

Thanks for reading the May 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!