



The Pulse by Feel Fit

June 2026

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

Summer is officially here, and Feel Fit has been full of great energy heading into one of our busiest seasons of the year. From brand new apparel and smoothie specials to youth programs and summer training, there's a lot happening around the gym this month.

Summer Apparel Has Dropped

Our new summer apparel collection is officially here, and we're excited about this one!

This drop features:

- **2 brand new t-shirt designs**
- **A new men's tank top**
- **2 new hat designs**

Whether you're training, relaxing, or spending time outdoors this summer, we've got some fresh new gear ready for you.

To make room for the new collection, we're also running a special on previous designs! **All older apparel is now 20% off** excluding items from the new summer drop. Be sure to stop by the front desk and check everything out before sizes and styles are gone.



The Project Is Back For Summer

Our youth summer training programs are back, and we're excited to help young athletes stay active, build confidence, and continue developing throughout the summer. Whether your child is just getting started or looking to take their athletic performance to the next level, Project CORE and Project GRIT are designed to create a fun, encouraging, and challenging environment for all skill levels.

Project CORE

Build the foundation.

Project CORE focuses on building a strong foundation through proper core training and movement development. Participants improve stability, strength, coordination, and power in a fun and encouraging environment designed specifically for youth athletes and active kids.

Who?

Ideal for children ages 5-13

Schedule

Thursdays

9:00 AM - 10:00 AM

Session Dates

June 5 - June 26

July 10 - July 31

If you're looking for a great way to keep kids active, moving, and building confidence this summer, Project CORE is a perfect fit.

[Click Here To Sign Up!](#)

Project GRIT

Rise to the challenge.

Project GRIT is a strength, mobility, and endurance program for adolescents designed to improve speed, coordination, strength, and muscular endurance.

The goal is to develop the complete athlete by building confidence, discipline, resilience, and overall athletic performance.

Who?

Youth ages 10-14

Schedule

Tuesdays & Thursdays

9:00 AM - 10:00 AM

Session Dates

June 2 - June 25

July 7 - July 30

Project GRIT is designed for young athletes who are ready to challenge themselves, work hard, and take their performance to the next level this summer.

[Click Here To Sign Up!](#)

Trainer Tip of the Month

Summer schedules can get busy, but consistency still matters.

Even if your routine changes during the summer months, finding time for a few workouts each week can help you maintain momentum and stay on track with your goals.

Smoothie Of The Month

Berry Vanilla Blast

A smooth and refreshing blend of four berry purée, bananas, vanilla cream, and 20 grams of vanilla protein. Packed with berry flavor and a creamy finish, it's the perfect summer smoothie after a workout.

Stop by the smoothie bar and give it a try.

The Final Rep

Thanks for reading the June edition of **The Pulse by Feel Fit**.

We appreciate everyone who continues to show up, put in the work, and be part of the Feel Fit community. We're excited for everything happening this summer and can't wait to see everyone continue building momentum in and out of the gym.

See you on the gym floor!