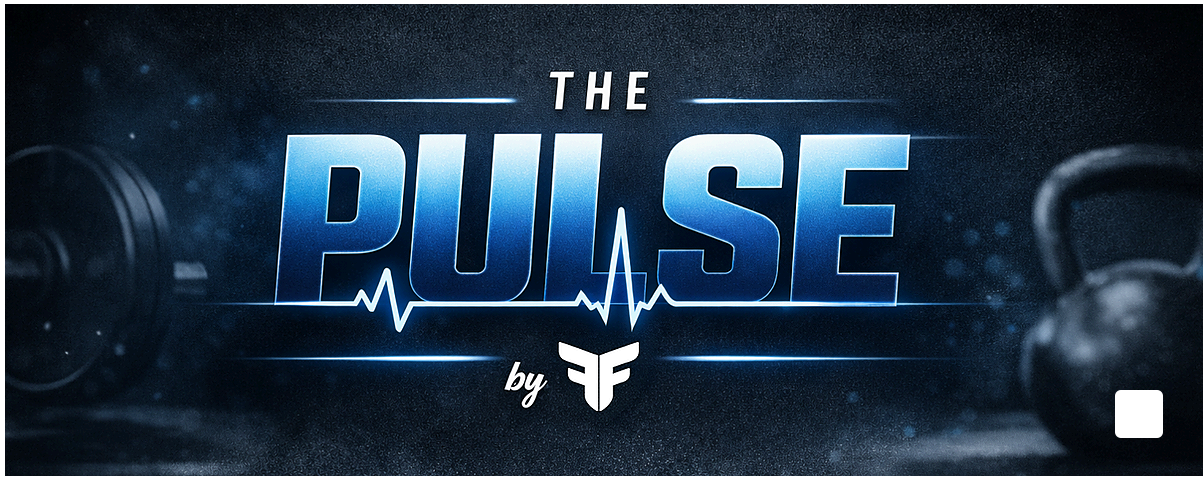




July 2026

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

Summer is in full swing, and while vacations, lake trips, and busy schedules can make it challenging to stay on track, July is the perfect time to recommit to your goals. This month is all about building momentum, staying accountable, and making healthy habits part of your everyday routine.

Five Week Fuse Begins July 6th

We're excited to launch our newest accountability challenge, **Five Week Fuse!** Starting **July 6**, we'll be focusing on **five simple habits for five weeks** that can make a huge impact on your health and fitness.

Each day you'll track:

- Protein intake
- Water consumption
- Daily step goal
- Daily progress photo

Plus, you'll complete **one new weekly challenge** each week.

The best part? Every one of these habits can be completed **outside of the gym**. Whether you're traveling, spending weekends at the lake, or keeping up with summer sports, you can still participate and stay accountable wherever summer takes you.

Dates: July 6 – August 9

Registration: \$25

Registration includes your official **Five Week Fuse t-shirt**.

[**Click Here To Sign Up!**](#)

The Project Continues This Summer

Our youth training programs continue and we're excited to begin our second sessions of the summer starting July 7th with Project Grit and July 10th with Project Core!

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

Fridays

9:00 AM - 10:00 AM

Session Dates

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

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

Don't let a missed workout become a missed week.

Life happens, especially during the summer. If you miss a day, simply pick back up where you left off. Progress isn't about being perfect, it's about staying consistent over time.

Smoothie Of The Month

Fireworks

A festive blend of sweet mango purée, real strawberries, blueberries, and **20 grams of vanilla protein**.

Bursting with fresh fruit flavor and packed with protein, **Fireworks** is the perfect way to cool down and refuel after a summer workout.

Stop by the smoothie bar and give it a try.

The Final Rep

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

We hope you'll join us for the **Five Week Fuse** and continue making this your healthiest summer yet. Whether you're in the gym every day or checking off healthy habits while you're away, every step forward counts.