

FitNews



TEAMWORK = SUCCESS



www.smmafitness.com
@SOMDMartialArts



www.fitlifetraininglaplata.com
@Fitlife4You

In case you haven't heard the news by now, we are excited to announce that we have partnered with Gordon Schrader and his FitLife Team to provide individualized personal training for all fitness levels from first-time gym goers to professional athletes. As a member of the SMMAF, you now have the unique opportunity to work together with the FitLife trainers to build an individualized health and fitness program to help you reach and attain your personal fitness goals.

If you are interested in scheduling a private fitness consultation with Gordon and his team, please visit the front desk to complete and submit a consultation form. Or, email to fitlifetraininglaplata@gmail.com

We look forward to additional enhancements over the next few weeks, and into the New Year. If you haven't visited the Fitness Center for a bit, please stop in and see the improvement, and if you're a regular – we thank you for your business and continued support! **Happy New Year,**
Jeremy, Mandi Gray

A LOOK INSIDE

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GET STRONGER IN 2021

Have you seen our brand new equipment in our LaPlata Center? We have added to our free weight section, creating a whole new room with rogue racks! This room can be utilized by all members and we are so excited to be able to provide you this extra space. Also, in January we received the Ab machine, the lateral shoulder machine, and the glute drive machine to our facility. The facial expressions when you all see them is just as good as when we gift our kids on Christmas! ;) Enjoy!



MARTIAL ARTS SPECIAL



Sign up now for our FAMILY MARTIAL ARTS PROGRAM

In-person Small Class or
Virtual Classes

First Month... only \$60

VALENTINES FITNESS SPECIAL

Give the Gift of



SHARE A GIFT OF FITNESS WITH A LOVED ONE!

Only \$25 a Month... No Contract, No Fees!
2 Locations: Bryan's Road & La Plata

*Better than Chocolates... we have fitness for everyone on your list:
Martial Arts for the entire family, plus... Zumba, Boot Camp, Cardio Kick-Boxing,
Spinning, Pilates, Weight Training Cage Fitness.
Personal Training and Nutrition Coaching from our Certified Personal Trainers.*

Gift Certificates Available!

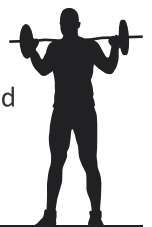
7 Quick Fitness Tips

From Harvard Health Publishing
Harvard Medical School

These 7 tips can keep your strength training safe and effective

- 1 Warm up and cool down for 10 minutes. Walking/cycling is a great way to warm up; stretching is an excellent way to cool down.
- 2 Focus on form, not weight. Align your body correctly and move smoothly through each exercise.
- 3 Work at the right tempo to stay in control. For example, count to three while lowering a weight, hold, and then count to three while raising it to the start position.
- 4 Pay attention to your breathing; exhale as you work against resistance by lifting, pushing or pulling; inhale as you release.
- 5 Keep challenging muscles by slowly increasing weight and resistance. Rather than increasing weight quickly, add another set of repetitions to your workout (up to three). Practice good form and target muscles.
- 6 Find a routine that works best for you according to your goals. Our awesome FitLife trainers can help you personalize a routine. Ideally, you want a routine that allows for proper rest and recovery. Proper rest is just as important as your workout routine which leads to number 7!
- 7 Give muscles time off. Strength training causes tiny tears in muscle tissue. These tears aren't harmful, but they are important: muscles grow stronger as the tears knit up. Always give your muscles time to recover before your next strength training session.

For additional details, workout plans and a personal health and fitness assessment, visit the Front Desk to sign up for a **FitLife consultation**. Or, call 301-934-3699 to schedule direct.



SoMD Martial Arts & Fitness: Martial Arts for the Entire Family, Fully Equipped Fitness Center, Group Exercise, Personal Fitness and Nutrition Coaching.

FitLife Personal Training: Strength, Sports, Health and Youth Athlete Training.

Call 301-934-3699 now to begin your personal fitness journey!



Always
**EARNED
NEVER GIVEN**



Becoming a black belt takes years of practice and determination.

The biggest tip we can give to our students and all those who are interested is that motivation will not always be there.

Sometimes you have hard days where you forget your forms, where you lose a sparring match. These can leave you feeling defeated and unmotivated.

All the students shown in this picture above have experienced those times. What sets them apart is their perseverance to never give up, despite the feeling of defeat.

These moments in life and on the mat build character and that indomitable spirit that the world needs more of.

We are so proud to continue to rise up Black Belts in this facility and to experience that moment of greatness with each student.

If you are interested in our family and individual Martial Arts program, please reach out to Master Gray or the Front Desk team member for additional information.

During February, our Martial Arts Family Program first month's special is only \$60.

Call 301-934-3699 to get started today!



>> Congratulations to all of our 2020-B Black Belt recipients

Martial Arts: Respect, Strength, Self-Discipline, Healthy Choices, Family, and so much more...

Often times, when people contemplate taking a martial arts class, they think "I'm not sure why I would need this", or "I don't know if that's for me". Twice a year, Mr. Gray awards black belts to students in our programs ranging from 8 years young to 80 years old! Martial Arts is not just about learning self-defense, gaining confidence, or just another form of exercise. Our Martial Arts programs are for everyone as they also lay the foundation for self-discipline, respect, strength, better health and in the case we are sharing below - stronger relationships with family!

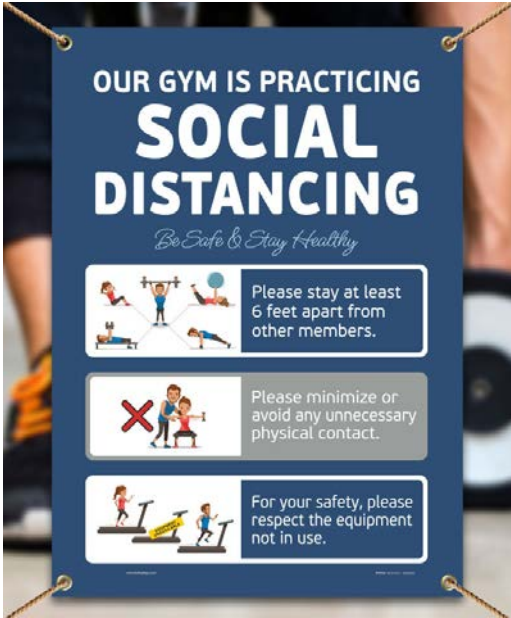
Mr. H received his black belt alongside his daughter. Read the tribute that he had for this journey - it's the best and emotional - in a good way!

"The most important thing in my life is family, so I always enjoyed seeing E and A on the mat every week; but it was a very passive way of spending time with them. When I stepped on the mat with them, that experience changed in so many ways. Now I'm going through the journey with them. Nothing makes me more proud than seeing my children achieve something they've worked hard at. I'm now able to participate in that and help them, and they've also experienced helping me. I've shown them that there is no shame in asking for help and that critical feedback is only valuable if you can absorb it and apply it. It's easy to see and feel the benefits of Taekwondo, especially at Southern Maryland Martial Arts. That's probably why we kept coming back with more and more family members! I greatly appreciate the sport and the effort that the school has made to improving my family's life and health."

The road to a black belt is truly a journey and we love experiencing that with all of our students and seeing how your lives have changed because of it!

CONGRATULATIONS TO ALL OF OUR BLACK BELT RECIPIENTS!





HELP KEEP US ALL SAFE

- Masks are required during your entire visit
- Use the hand-sanitizer when you arrive
- Front desk will take your temperature
- Bring your own water bottle/towel/mat
- Keep 6 feet apart for social distancing
- Wipe equipment w/sanitizing spray/wipes
- Minimize contact, no high fives



Our Fitness Center uses antibacterial cleaners to thoroughly disinfect all workout areas and equipment. Please share any concerns with the Front Desk Team, or call Mandi directly.

Team Member Spotlight



Trainer Erin White

I became a Personal Trainer to help motivate and encourage people to make and reach their goals. The joy I get from helping others helps motivate me to do more and hold myself accountable. There is no better reward than accomplishing goals you set for yourself, especially when it comes to your health.

Business to Business Support

We're excited to announce another small-business partnership with Erich Herrmann, owner of WeeBean Coffee Roaster in La Plata!

Keep an eye out for our new "Cup of Gratitude" gift cards and incentives for our Birthday Club Members, Referral Sharers, Belt-earners, Goal-Achievers and much more!

To learn more and ensure you are enrolled in our special programs,

visit the front desk to review and/or update your contact information, emails and birth dates! We'd love to reward you for your support and membership - please review your membership information today!

- Bryan's Road Members, please call **301-375-9409**
- La Plata Members, please call **301-934-3699**

Featuring freshly brewed organic and sustainably grown coffee.
Wee Bean Coffee Roasters
6580 Crain Highway
La Plata, Maryland





Total Body w/Shelley
Mondays at 6 pm - Bryan's Road



Fit & Tone w/Veronica
Wednesdays - 7:15 pm
in Bryan's Road



SpinClass with PINA
Thursdays 6:30 pm, Bryan's Road



TABATA TOTAL BODY + CARDIO
with Shelley
Thursdays 7:00 pm, Bryan's Road



Fit & Tone w/Veronica
Saturdays at 8:30 am in Bryan's Road

FEBRUARY 2021 BRYAN'S ROAD SCHEDULE - GROUP X

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00 PM Total Body with Shelley	2	3 7:15 PM Fit & Tone with Veronica	4 6:30 PM Spin with Pina 7:00 PM TABATA with Shelley	5	6 8:30 AM Fit & Tone with Veronica
7	8 6:00 PM Total Body with Shelley	9	10 7:15 PM Fit & Tone with Veronica	11 6:30 PM Spin with Pina 7:00 PM TABATA with Shelley	12	13 8:30 AM Fit & Tone with Veronica
14 <i>Valentines Day! Give the Gift of Fitness!</i>	15 6:00 PM Total Body with Shelley	16	17 7:15 PM Fit & Tone with Veronica	18 6:30 PM Spin with Pina 7:00 PM TABATA with Shelley	19	20 8:30 AM Fit & Tone with Veronica
21	22 6:00 PM Total Body with Shelley	23	24 7:15 PM Fit & Tone with Veronica	25 6:30 PM Spin with Pina 7:00 PM TABATA with Shelley	26	27 8:30 AM Fit & Tone with Veronica
28						

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SOUTHERN MARYLAND MARTIAL ARTS AND FITNESS and FIT LIFE PERSONAL TRAINING

BRYAN'S ROAD
3047 Marshall Hall Road
301-375-9409

www.smmafitness.com
info@smmafitness.com
@SOMDMartialArts

www.fitlifetraininglaplata.com
fitlifetraininglaplata@gmail.com
@Fitlife4You

MEMBERSHIP: \$25 a Month - No Contracts! No Fees! Virtual & In-Person Small Socially Distanced Classes

**Call 301-375-9409 now to begin your personal and nutrition fitness journey!
We can't wait to meet to help you plan and attain your goals!**

CARDIO COMBAT
with KEITH at 9:00 am
Sundays in La Plata

SpinClass
with PINA
Tuesdays at 6pm in La Plata

HITT w/KEITH 9:30am
Wednesdays
in La Plata

Kick Boxing
with MEG
Wednesdays
at 5:30 pm
in La Plata

SPIN CLASS
with Cindy
Thursdays at 5pm in La Plata

KETTLE BELLS
w/KEITH
5:30 pm
Fridays
in La Plata

SpinClass
with Meredith
Saturdays at 8am in La Plata

BOOT CAMP
with Meg @ 9:00 am
Saturdays in La Plata

FEBRUARY 2021 LA PLATA SCHEDULE - GROUP X

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 9:00 AM Cardio Combat with Keith	1	2 6:00 PM Spin with PINA	3 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	4 5:00 PM Spin with Cindy	5 5:30 PM Kettle Bells with Keith	6 8:00 AM Spin with Meredith 9:00 AM Boot Camp with Meg
7 9:00 AM Cardio Combat with Keith	8	9 6:00 PM Spin with PINA	10 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	11 5:00 PM Spin with Cindy	12 5:30 PM Kettle Bells with Keith	13 8:00 AM Spin with Meredith 9:00 AM Boot Camp with Meg
14 9:00 AM Cardio Combat with Keith	15	16 6:00 PM Spin with PINA	17 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	18 5:00 PM Spin with Cindy	19 5:30 PM Kettle Bells with Keith	20 8:00 AM Spin with Meredith 9:00 AM Boot Camp with Meg
21 9:00 AM Cardio Combat with Keith 28	22	23 6:00 PM Spin with PINA	24 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	25 5:00 PM Spin with Cindy	26 5:30 PM Kettle Bells with Keith	27 8:00 AM Spin with Meredith 9:00 AM Boot Camp with Meg

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SOUTHERN MARYLAND MARTIAL ARTS AND FITNESS and FIT LIFE PERSONAL TRAINING

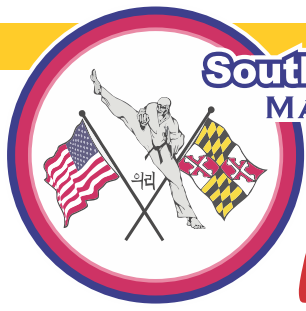
LA PLATA: 140 Drury Drive
By Texas Roadhouse & Chick-fil-A
301-934-3699

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We can't wait to meet to help you plan and attain your goals!**



Southern Maryland
MARTIAL ARTS
and Fitness

New

JTR KIDS MARTIAL ARTS COMBAT AND SELF DEFENSE PROGRAM for Children ages 7 to 12

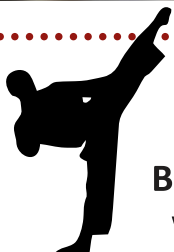


COMBAT BULLYING AND BUILD CONFIDENCE

Help build your daughter or son's confidence, physical strength, discipline, focus and moral character. Our JTR (*Jigo Tenshin-Ryu*) Jujutsu program lead by Sensei Walker is structured with a multitude of fun conditioning exercises, martial arts movement combinations, and several exciting games. Children learn practical self-defense techniques, from the "non-sport" traditional martial arts philosophy to include: conflict resolution, de-escalation tactics to deal with aggressors they may encounter in their school or in their everyday life. Classes are offered two days a week (Tuesdays and Saturdays). Physical conditioning is a significant part of the JTR Kids Program. Students will meet in a small group settings to participate in high-intensity exercises to help build strength, coordination, flexibility, endurance, agility and balance.

****TRIAL CLASSES in Bryan's Road****
3 Lessons and a Class T-Shirt
...only \$29.95

Classes: Tuesdays from 6:15 pm to 7:15 pm
and Saturdays from 11:00 am to 12:00 noon



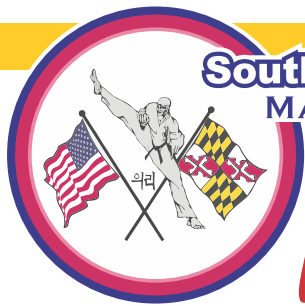
**SOUTHERN MARYLAND MARTIAL ARTS
AND FITNESS CENTER**

BRYAN'S ROAD: 3047 Marshall Hall Road - 301-375-9409

www.smmafitness.com | info@smmafitness.com | @SOMDMartialArts



Call 301-375-9409 now to help combat bullying today!



Southern Maryland
MARTIAL ARTS
and Fitness

New

JTR TEEN & ADULT MARTIAL ARTS

COMBAT AND SELF DEFENSE PROGRAM

Ages 13 and Adult



LEARN SELF-DEFENSE SKILLS & BUILD CONFIDENCE

Help build your confidence, physical strength, discipline, focus and moral character. Our JTR (*Jigo Tenshin-Ryu*) Jujutsu program Sensei Walker is structured with a multitude of fun conditioning exercises, martial arts movement combinations, and several exciting games. Students learn practical self-defense techniques, from the “non-sport” traditional martial arts philosophy to include: conflict resolution, de-escalation tactics to deal with aggressors they may encounter in school or their everyday life. Classes are offered three days a week (Tuesdays, Thursdays and Saturdays). Physical conditioning is a significant part of the JTR Teen and Adult Program. Students will meet in a small group settings to participate in high-intensity exercises to help build strength, coordination, flexibility, endurance, agility and balance.



****TRIAL CLASSES in Bryan's Road****

**3 Lessons and a Class T-Shirt
...only \$29.95**

Classes: Tuesdays from 7:15 pm to 8:15 pm
Thursdays from 6:00 pm to 7:00 pm
Saturdays from 11:00 am to 12:00 noon



**SOUTHERN MARYLAND MARTIAL ARTS
AND FITNESS CENTER**

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www.smmafitness.com | info@smmafitness.com | [@SOMDMartialArts](https://www.instagram.com/SOMDMartialArts)



Learn Self-Defense & Build Confidence... Call 301-375-9409 Now!