



FitNews



A LOOK INSIDE

- New Kids Fitness Class - pg 2
- Healthy Snacks - pg 3
- Class Schedules - page 4 & 7



www.smmafitness.com
@SOMDMartialArts



www.fitlifetraininglaplata.com
@Fitlife4You

It's SPRING! And we're ALL ready for a breath of fresh air! The sun is out, the grass is turning green, flowers and trees are budding. It's a time to energize, refresh and kick-up your fitness plans before summer. From first-time gym goers to professional athletes, the entire SoMD Martial Arts & Fitness and FitLife team is here to help you plan, reset and enhance your fitness routine to meet and exceed your fitness goals.

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

As in the past months, we continue to expand our gym services and are excited to announce the **NEW Fitness for Kids** beginner classes. This six-week, one hour, beginner classes combines strength, core, and agility training, while learning proper technique, form and basic movement patterns from FitLife Certified Fitness Instructors. Learn more on page 2.

Once again, we'd like to thank you for your business and your friendship. We truly appreciate the opportunity to serve you and your family through our virtual and in-person Martial Arts programs and personal fitness needs.

Jeremy & Mandi Gray



ON SALE NOW AT THE FRONT DESK!!!

We have 2021 Torch Run shirts in our La Plata location! Adult sizes \$15 and child sizes \$10. All proceeds go to Charles County Torch Run in support of Special Olympics Maryland.
#WeAreTheTorchRun
#CharlesCountyTorchRun
#SpecialOlympicsMaryland



New!

IT'S NEVER TOO EARLY TO LEARN HEALTHY HABITS FOR A FIT LIFE!

KIDS FITNESS CLASSES

for Children ages 8 to 13



LEARN HEALTHY & POSITIVE FITNESS HABITS

As technology continues to advance, it is becoming increasingly more challenging for children to receive the physical exercise they need to remain healthy. According to the U.S. Department of Health & Human Services, only one in three children are physically active every day, leading to larger health problems throughout life. It's vitally important that children stay active and learn healthy and positive fitness habits while they are young.



Our 6-week, one hour, beginner classes combines strength, core, and agility training, while learning

*****6-Week Beginner Class*****

Beginning April 19th to May 24th
Mondays at 5:45 pm... only \$75

The confidence a young girl or boy gains through improving their strength and achieving things that once weren't possible cannot be measured!



SOUTHERN MARYLAND MARTIAL ARTS AND FITNESS CENTER

LA PLATA VILLAGE CENTER: 140 Drury Drive
(By Texas Roadhouse & Chick-fil-A)



www.smmafitness.com | info@smmafitness.com | [@SOMDMartialArts](https://www.instagram.com/SOMDMartialArts) | www.fitlifetraininglaplata.com | [@FitLife4You](https://www.facebook.com/FitLife4You)

Limited Spots - Call 301-934-3699 to Enroll Your Child Today!



Healthy Options

Delicious Protein Packed Pancake

27P, 7C, 6F

¼ cup egg whites

½ scoop Vegan Cinnamon Protein (or your choice of protein)

Spray Butter

1 TBSP Sugar Free Maple Syrup

1 TBSP American Dream Nut Butter
(or your favorite PB or Almond Butter)

Directions: Mix egg whites & protein into a frying pan
– cook for the consistency of a pancake!

Remove, and top with spray butter, Sugar Free Syrup and
your choice of Peanut/Almond Butter.

Share your favorite healthy recipe (with photo) and we may share it on our Facebook page or here in the monthly newsletter!

Send to info@smmafitness.com with subject line: Healthy Recipe

New!

BODYPUMP™

with Meredith on Thursday mornings
at 6:00 AM in La Plata!

Using light to moderate weight with lots of Reps, BODYPUMP™ gives you a total body workout! Meredith will coach you through scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll finish the class feeling challenged and motivated, ready to come back



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

New! FitLife Running Club

Club began on March 27th, but it's not too late to join us now and enjoy running with friends!

For details, send an email to fitlifetraininglaplata@gmail.com





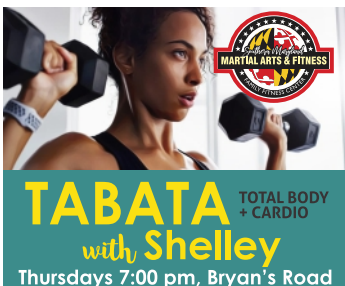
Total Body w/Shelley
Mondays at 6 pm - Bryan's Road



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



APRIL 2021 - BRYAN'S ROAD SCHEDULE - GROUP X

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April				1	2	3 8:30 AM Fit & Tone with Veronica
4 EASTER HOURS OPEN 8:00 AM to 12:00 NOON	5 6:00 PM Total Body with Shelley	6	7 7:15 PM Fit & Tone with Veronica	8	9	10 8:30 AM Fit & Tone with Veronica
11	12 6:00 PM Total Body with Shelley	13	14 7:15 PM Fit & Tone with Veronica	15	16	17 8:30 AM Fit & Tone with Veronica
18	19 6:00 PM Total Body with Shelley	20	21 7:15 PM Fit & Tone with Veronica	22	23	24 8:30 AM Fit & Tone with Veronica
25	26 6:00 PM Total Body with Shelley	27	28 7:15 PM Fit & Tone with Veronica	29	30	1 8:30 AM Fit & Tone with Veronica

SOUTHERN MARYLAND MARTIAL ARTS AND FITNESS and FIT LIFE PERSONAL TRAINING

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

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GYM MEMBERSHIP: \$25 a Month - No Contracts! No Fees! | 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!**



APRIL 2021 - LA PLATA SCHEDULE - GROUP X



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>April</i>				1 <i>New!</i> 6:00 AM BodyPump™ with Meredith	2 5:30 PM Kettle Bells with Keith	3 9:00 AM Boot Camp with Meg
4 EASTER 8 AM - 12:00 NOON 9:00 AM Cardio Combat with Keith	5	6 6:00 PM Spin with Michael <i>New!</i> 6:00 PM BodyPump™ with Meredith	7 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	8 <i>New!</i> 6:00 AM BodyPump™ with Meredith	9 5:30 PM Kettle Bells with Keith	10 9:00 AM Boot Camp with Meg
11 9:00 AM Cardio Combat with Keith	12	13 6:00 PM Spin with Michael <i>New!</i> 6:00 PM BodyPump™ with Meredith	14 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	15 <i>New!</i> 6:00 AM BodyPump™ with Meredith	16 5:30 PM Kettle Bells with Keith	17 9:00 AM Boot Camp with Meg
18 9:00 AM Cardio Combat with Keith	19	20 6:00 PM Spin with Michael <i>New!</i> 6:00 PM BodyPump™ with Meredith	21 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	22 <i>New!</i> 6:00 AM BodyPump™ with Meredith	23 5:30 PM Kettle Bells with Keith	24 9:00 AM Boot Camp with Meg
25 9:00 AM Cardio Combat with Keith	26	27 6:00 PM Spin with Michael <i>New!</i> 6:00 PM BodyPump™ with Meredith	28 9:30 AM HITT with Keith 5:30 PM Kickboxing with Meg	29 <i>New!</i> 6:00 AM BodyPump™ with Meredith	30 5:30 PM Kettle Bells with Keith	1 9:00 AM Boot Camp with Meg

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APRIL 2021 - MARTIAL ARTS ON-SITE SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>April</i>				1	2 Board Breaking NO B/A Service	3
4 <i>HAPPY EASTER</i>	5 NO B/A Service	6 NO B/A Service	7 NO B/A Service	8 NO B/A Service	9 NO B/A Service	10 NO B/A Service
11	12	13	14 Dragons Board Breaking	15 Dragons Board Breaking	16 Board Breaking	17
18	19 Stripe Testing	20 Stripe Testing	21 Stripe Testing	22 Stripe Testing	23 Stripe Testing	24 Black Belt Prep Class Bryan's Road 11:30 AM
25	26	27	28 Belt Testing in La Plata	29 Belt Testing in Bryan's Road	30	1

SAVE THE DATE!!!

Our next Black Belt Testing Cycle will be held on the following dates:

Black Belt Pre-Test
Saturday May 22nd
(9:00am)
and

Actual Black Belt Test
Saturday June 19th
(9:00am).

Both testings
will be held at the
La Plata location.

SOUTHERN MARYLAND MARTIAL ARTS AND FITNESS and FIT LIFE PERSONAL TRAINING

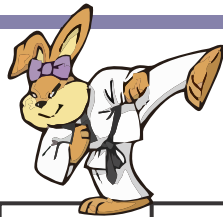
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APRIL 2021 - MARTIAL ARTS VIRTUAL CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April				1 6:00-6:30PM JR Taekwondo Purple & Up	2	3 9:30-10:00AM Little Dragons 10:15-10:45AM JR Taekwondo (White-Blue) 11 to 11:30 AM JR Taekwodo (purple & Up)
4 HAPPY EASTER	5 5:30 - 6:00 PM Little Dragons 6:15 - 6:45PM Junior Taekwondo White through Blue Belts	6 No Classes! Spring Break	7 5:30 - 6:00 PM Little Dragons 6:15 - 6:45 JR Taekwondo White through Blue Belts	8 No Classes! Spring Break	9	10 No Classes! Spring Break
11	12 5:30 - 6:00 PM Little Dragons 6:15 - 6:45PM Junior Taekwondo White through Blue Belts	13 6:00 - 6:30PM Junior Taekwondo Purple Belts and Up	14 5:30 - 6:00 PM Little Dragons 6:15 - 6:45 JR Taekwondo White through Blue Belts	15 6:00-6:30PM JR Taekwondo Purple & Up	16	17 9:30-10:00AM Little Dragons 10:15-10:45AM JR Taekwondo (White-Blue) 11 to 11:30 AM JR Taekwodo (purple & Up)
18	19 5:30 - 6:00 PM Little Dragons 6:15 - 6:45PM Junior Taekwondo White through Blue Belts	20 6:00 - 6:30PM Junior Taekwondo Purple Belts and up	21 5:30 - 6:00 PM Little Dragons 6:15 - 6:45 JR Taekwondo White through Blue Belts	22 6:00-6:30PM JR Taekwondo Purple & Up	23	24 9:30-10:00AM Little Dragons 10:15-10:45AM JR Taekwondo (White-Blue) 11 to 11:30 AM JR Taekwodo (purple & Up)
25	26 5:30 - 6:00 PM Little Dragons 6:15 - 6:45PM Junior Taekwondo White through Blue Belts	27 6:00 - 6:30PM Junior Taekwondo Purple Belts and up	28 Belt Testing! No Virtual Classes Today!	29 6:00-6:30PM JR Taekwondo Purple & Up	30	1 9:30-10:00AM Little Dragons 10:15-10:45AM JR Taekwondo (White-Blue) 11 to 11:30 AM JR Taekwodo (purple & Up)

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