

DECEMBER 18TH, 2023

VOLUME 12

# BoltFit Insider

Bolt Fitness Newsletter

## HOLIDAY SCHEDULE

Happy Monday, Team!

Just a reminder - please bookmark the new [Bolt Fitness Membership Dashboard](#)

The Membership Dashboard is a central location where all of the resources you need regarding training, education, nutrition, and your membership will live.

## HOLIDAY SCHEDULE

The Holidays are here! Please see below for schedule modifications around the Holiday week.

Monday, 12/25 (Christmas Day): Closed

Tuesday 12/25: Delayed Opening - 9am

Monday 1/1 (New Years Day): Closed

All schedule changes have been reflected in the MindBody App.

Please let us know if you have any questions!

## Newsletter Highlights

Holiday Schedule

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A Facility Facelift

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Random Thought of the Week

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Coach Justin's Fitness Journey



## A FACILITY FACELIFT



Upon entering the facility this week, you will notice some exciting changes! This weekend, the team spent ~20 hours disassembling, moving, and reassembling equipment.

We have re-arranged both rooms to create more usable space, better sight lines for the coaches, and ultimately an improved training experience for both small group and semi-private members.

The one major change we want everyone to be aware of is this:

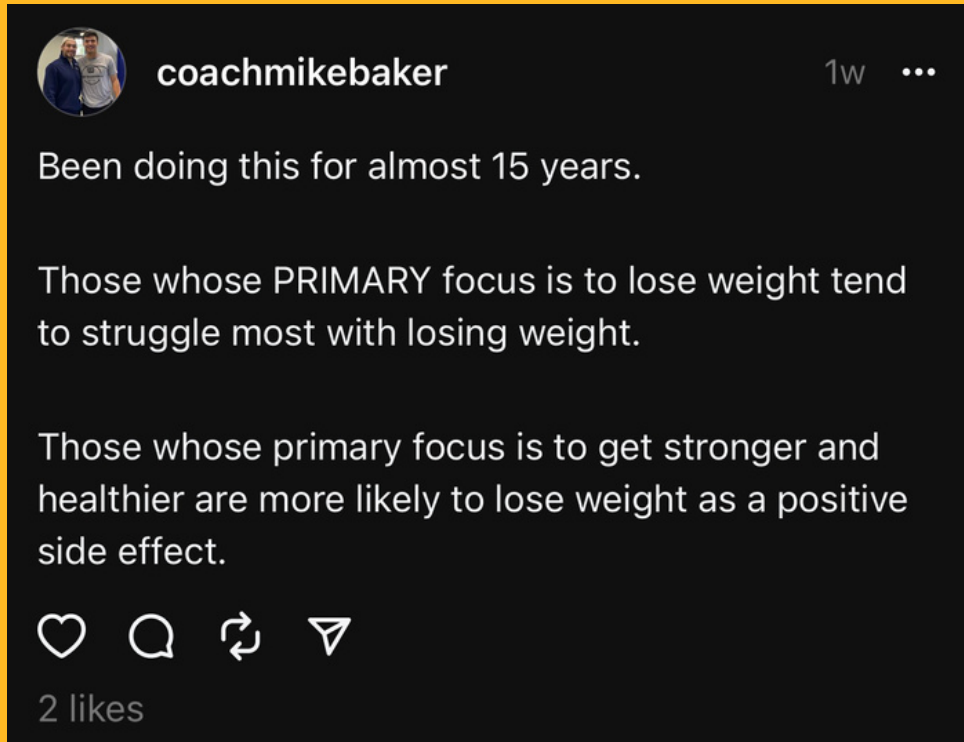
Moving forward, the small group training sessions and semi-private training sessions will be switching rooms. Semi-private sessions will now be held in the room closest to the front office, while small group training sessions will be held in the room closest to the gym entrance.

By making this switch, we have created more space for BOTH sessions to run more smoothly and for you all to move around the space more comfortably.

Take a look at the videos above to get a lay of the land before coming in for your sessions this week!



## RANDOM THOUGHT OF THE WEEK



## BOLT FITNESS & PERFORMANCE SHOW

### From Setbacks to Strength: Coach Justin’s Fitness Journey

Dive into the latest episode of the BOLT Fitness and Performance Podcast as we unravel the incredible journey of Coach Justin. In this revealing conversation, Coach Justin shares the raw and authentic story of how he transformed his life, going from facing challenges to becoming the inspiring fitness coach he is today.

Join us as we explore the hurdles Justin conquered and the personal hardships that fueled his passion for fitness. This episode is a testament to the fact that the path to a healthier life is seldom a straight line. Coach Justin's narrative is relatable to all, regardless of age or fitness level, as he takes us through the highs and lows of his own fitness evolution.

Whether you're a seasoned fitness enthusiast or just embarking on your wellness journey, this episode is packed with insights, motivation, and the reassurance that everyone faces obstacles on the road to better health. Tune in for an authentic conversation that proves transformation is possible for anyone, at any stage of life.



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