

MOM
+
DAD
DEC '25

CONGRATS ANUP + HANNAH

We are excited to announce Anup and Hannah will be welcoming their first child this December! If you see them around the gym offer your congratulations!

Also our 3rd annual Client Appreciation Day is coming. Details are below so make sure to save the date and don't miss this completely free and open event!

CLIENT APPRECIATION DAY 2025

OCTOBER
18TH
3:30PM



**Frigos Food
Bear's BBQ**



**Smore's
Games**



**Friends & Family
FREE EVENT**



CONGRATS MATT + TY

And finally, Matt and Tyler are expecting a baby girl! We are super excited that the NEFF family is growing!

