

# R Fit Hawai'i

AUGUST 2018

ISSUE #10

## ATTENDANCE POLICY

Thank you all for being consistent in your work outs and attendance. We see your gains, and we are very proud!

Remember, your monthly dues either include 8 or 12 sessions per month. However you decide to get your sessions in is up to you, but we encourage you to get them in at least 2 or 3 times per week. Sessions do not rollover into the next month, so please make sure you manage your sessions wisely.

If you have any family or friends who would like to attend a group class with you, please bring them in! Make sure to sign yourself up for the class on Appointy, then let Reno know how many people will be attending with you. If they are new to fitness, we suggest you sign up for the beginners class so their transition and experience is safe and fun!

**\*As of August 1, 2018, when you refer family or friends to R Fit and they sign up for monthly membership, you will receive \$25 off your next month's dues, up to \$50 or 2 referrals per month. Make sure they give us your name!\* MAHALO NUI!**

## R FIT INFORMATION

August 1      **HAPPY 3 YEARS R FIT!!!**  
August 2      **R Fit Closed**  
August 3      **R Fit Closed**  
                    **RENO'S FIGHT NIGHT**  
                    **X1 #50 Aloha Tower Pier 11**

## RFITHI.APPOINTY.COM

Please note that as R Fit grows, so do our group classes. We want EVERYONE to have the BEST possible experience training with us. In order to do that, we need to ensure there is optimal space for everyone to perform the exercises safely and accurately. This increases our ability to keep an eye on you and reduce unnecessary injuries or wait time. We do this by keeping the class capacity at 12. If you are unable to sign up for a class, shoot us a text to see if it's full, if the class is cancelled, or if there's a system glitch. It is also recommended that you sign up for classes a few days in advance to claim your spot quickly. *Mahalo nui!*

## NEW GROUP CLASSES

We are VERY EXCITED to announce that we are adding **TWO NEW GROUP CLASSES**.

**Tuesday/Thursday: Beginner Class 4p-5p**

**Saturday: Beginner/Inter Class 9:30a-10:30a**

The beginner classes will help to focus on fundamental skills needed to perform the programmed workouts for the week. It is our goal at R Fit to make sure you are training in a way that helps you not hurt you. Beginner classes, therefore, will move at a pace necessary for learning and steady growth.

If, however, these times work great into your schedule for the week, please feel free to sign up for them. Just note that our focus will be on the beginners, and we will expect the intermediate/advanced R Fit 'Ohana to be more independent during the class.

### *Quote of the Month*

*Go For It!*

*"There's more in store for you in your life than you can possibly imagine. I promise you it is the truth. To reach your full potential, you have to set goals that will stretch you. You must not be afraid of taking risks. You must learn to recognize opportunities and have the courage to pursue them. You have to make better choices that will provide better results. Finally, you need to avoid the negative influences of other people and surround yourself with successful people who will encourage you to pursue your dreams."*

*Born to Win Find Your Success*

*Zig Ziglar*

# Prepare Yourself

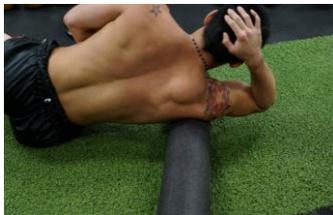
**BY: R FIT**

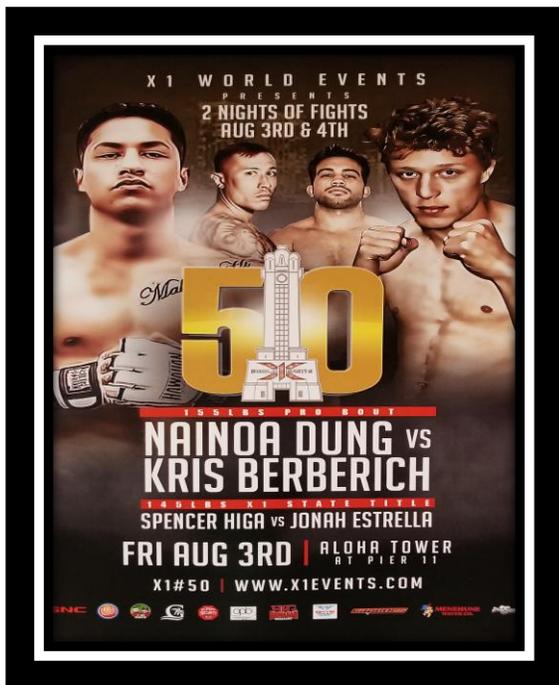
When it comes to doing something well, it takes preparation. A surgeon wouldn't be allowed to perform a heart transplant if he hadn't been through the right schooling, practice, testing, and licensure process. In a similar but less "life threatening" way, a school principal would not be given the responsibility of taking care of over 600 students and teachers if he/she hadn't been trained and ready to do so. Reno wouldn't have the success with R Fit if he didn't go through the process of learning how the human body works and gaining the experience, training, and license needed to teach people properly. In all of these cases, if the "professional" didn't have the knowledge needed to complete his/her task, things could get dangerous.

As soon as we wake up in the morning, we have our bodies to take care of. We do not have to pass a test to receive it, like a surgeon, we are blessed to just have it. Without the knowledge of how to take care of ourselves properly, we do things that are detrimental to our health, mobility, and mentality. We, therefore, need to go through the process of learning how to take care of your bodies properly so we can use them for as long as we possibly can. That's why we come to R Fit! That's why we work out. But before we can work out, like anything else, we must prepare for it.

One of the most important aspects of your preparation, if not THE most important, is your warm-up. You are only as good as your warm-up. We've emphasized this many times in every class. Foam roll, foam roll, foam roll! In one of our very first bulletins, all of which are posted on our website ([www.rfithawaii.net](http://www.rfithawaii.net)), we explained how essential it is to roll out the muscle fascia that tighten overtime. When you roll out these fascia, you greatly reduce the amount of pain and increase the amount of mobility in your muscles, which means, less probability for injury.

Below are examples of foam rolling methods that you can use before your sessions to prepare your body to workout, or after your sessions to prepare your body for recovery. Remember, we are entrusted with the use of our bodies. We only get one! Let's make sure we go through the process of learning and knowing how to take care of it properly so we only create healthy situations for ourselves.

Foam Rolling Exercises			
<b>Bottom of Feet</b> 	<b>Calves</b> 	<b>Hamstrings</b> 	<b>IT Band</b> 
<b>Glutes</b> 	<b>Quads/Inner Thighs</b> 	<b>Lats</b> 	<b>Rhomboids</b> 



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**PLEASE COME OUT TO SUPPORT  
OUR VERY OWN CHAMP,  
THE “PRODIGIOUS”  
RENO REMIGIO, JR.  
IN HIS PROFESSIONAL MMA  
RETURN ON  
AUGUST 3, 2018!**

**\$45 Pre-Sale General Admission  
\$100 Pre-Sale Cage Side Seating**

*Our new RFit initiative is to share your workout pictures with you  
so you can share them with your friends and family!*

*We will be emailing them to you, so make sure we have an updated email address! Mahalo!*

