

APRIL NEWSLETTER

VOL. 8

BK FIT

SPRING SHOWDOWN BATTLE OF BKFIT FITTEST WINNERS!



RX FEMALE:
1ST: ASHLEY TILLMAN
2ND: ISABEL YOON
3RD: NATALIYA LITYUK

RX MALE:
1ST: CHRIS SCHUETT
2ND: TWAN MEIJERINK
3RD: MARCEL WALKER



SCALED MALE:
1ST: DARNELL JEAN-CHARLES
2ND: KEONI CHUN
3RD: DANIEL KASMAN

SCALED FEMALE:
1ST: MEGAN ZAGORIC
2ND: NITASHA SHARMA
3RD: AVERY EPSTEIN



CONGRATULATIONS TO ALL COMPETITORS!

Andres Munoz Medina

Ashley Tillman

Ashton Do

Avery Epstein

Chris Schuett

Daniel Kasman

Darnell Jean-Charles

Greg Lenane

Isabel Yoon

Jon Kunitsky

Keoni Chun

Marcel Walker

Megan Zagoric

Michael Baruch

Mitch Baker

Nataliya Lityuk

Nitasha Sharma

Pierce Pearson

Ravena Pisarri

Scott Knettle

Twan meijerink

THANKS TO ALL
WHO CAME
AND SUPPORTED
AS WELL!

NEW LOCKER, WHO DIS?

OVERNIGHT LOCKERS NOW AVAILABLE FOR RENT @BEDSTUY & BUSHWICK

We've obtained a set of 15 lockers for both the
Bushwick and Bed Stuy locations!

We're happy to offer these for rental to our members who maintain
Elite, Unlimited, and Open Gym 24/7 Access memberships.

If you're interested in renting yourself a locker,
simply email info@bkfitstudios.com!

\$15^{+tax}
per month



FIRST COME, FIRST SERVE!

With the introduction of lockers to our Bed Stuy and Bushwick locations, we're going to be implementing a new protocol for the cubbies at each location, which will now be specifically reserved for day use only. Items left in cubbies overnight/for multiple days will be deposited into the Lost and Found box, which will be emptied monthly and any items within donated. Items that have been in the lost and found for less than a week will be donated the following month.

KNOW YOUR OCR'S!

IF YOU ARE LOOKING FOR AN EXTRA FUN CHALLENGE TO SUPPLEMENT YOUR BKFIT MEMBERSHIP, SIGN UP FOR AN OBSTACLE COURSE RACE!



MAY 10th CITY CHALLENGE 10AM WAVE

Team: Sisyphus is Happy
password: Camus

Competitors will meet at BK FIT - Bushwick
Then take public transit over!

[CLICK HERE *](#)



JUNE 7th SPARTAN SUPER 945AM OPEN HEAT

CODE: BKFIT40
(not case sensitive)

10km - Bethel Woods (Woodstock Fairgrounds)

Transport: individual, BUT we already have a couple of cars going with a spare seat! If you have a car and are interested in helping out, let us know!

[CLICK HERE *](#)

POWERLIFTING

NEW

1PM

THURSDAYS

@

BEDSTUY

Powerlifting (XPress)

Use your lunch hour on Thursdays to work on some PR Programming and/or improve your lift technique!

NEW

DON'T FORGET:

STRENGTH:LIFT

MON 6:30 & 7:15PM

@CH

WED 7:30 & 8:15PM

@BW

*Open for ALL Levels and
ALL class based memberships*

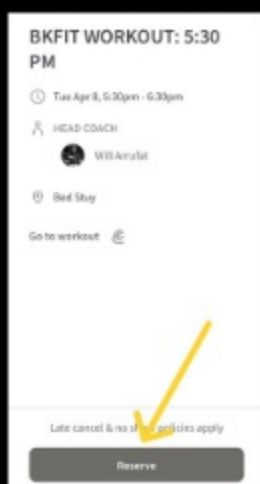
THIS MONTH'S
ICYMI

BK FIT

SIGNING IN!

COACHES ARE THE FAILSAFE, BUT IT
STARTS WITH YOU!

STEP 1: RESERVE YOUR SPOT



Reserving your spot, even 10min in advance of class, helps your coach a TON! Not only do they know whether to expect you or not, they can prepare equipment distribution or modifications if/when needed.

REMEMBER: Reserving your spot is a requirement to take class!

STEP 2: SIGN IN

Once you have a reservation, you can now SIGN IN.

You can do so easily from the Wodify app or the location's computer.

If you need any assistance feel free to ask the coach.

Fun fact, you can sign in up to 2hrs from the start of class!

This means if you or the coach forgets at class time, you still have some leeway!

When you have successfully signed in, the screen will say: **SIGNED IN**

