

# In the Know with THE STRONG LIFE

A MONTHLY NEWSLETTER

APRIL 2020 • ISSUE 1 • VOLUME 1



## DATES TO REMEMBER

April 1 - April Fool's Day  
April 2 - Good Friday - Gym Closed  
April 4 - Easter Sunday - Gym Closed  
April 5 - Easter Monday - Gym Closed  
May 8 - Year End Showcase

## BIRTHDAY WISHES TO THOSE CELEBRATING THIS MONTH

April 6 - Abigail R.  
April 6 - Alexis I.  
April 9 - Rebekah M.  
April 10 - Grace D.  
April 12 - Genipher G.  
April 14 - Juelz C.  
April 16 - Addison F.  
April 19 - Hannah B.  
April 21 - Jainey T.  
April 26 - Payten V.  
April 28 - Sofia R.



## WELCOME TO OUR NEWSLETTER!

**In The Know with The Strong Life** is part of our new The Strong Life Series. It will be our monthly newsletter which will be published on the first of each month.

We decided to start a newsletter to help keep our current members up to date with what is happening in our gym. We hope it can be used as resource to see what has happened in the past month and what is coming up this month. The newsletter will be emailed out to our current members and will be available online at [www.thestronglife.ca](http://www.thestronglife.ca)

We hope all our families are doing well through these crazy and unprecedented times. We appreciate the ongoing support from all our families, we would not have been able to get through it with out you

Thank you & Stay Safe!  
Much Love, Al & Adrianna

# THE STRONG LIFE

THE SERIES

## *Keeping Up with* THE STRONG LIFE

### WE ARE SO PROUD TO INTRODUCE OUR NEW SERIES!

The series is comprised of three mediums - a blog, a vlog and the newsletter.  
Make sure you follow along and enjoy this journey with us.

## THE STRONG LIFE

Strong Mind, Body & Soul

### STRONG MIND, BODY & SOUL IS OUR BLOG.

A new blog post will be published every Friday. Our blog will feature various authors from the owners, staff, athletes (past and present), parents and professionals.

It is our hope our blog will provide tips, tricks and life lessons to help our families in and outside of the gym.  
Sharing life experiences and lessons learned that may be able to help you out.

Make sure you check out our blogs at  
[www.thestronglife.ca](http://www.thestronglife.ca)

### OUR VERY OWN VLOG!

Keeping Up With The Strong Life is our vlog.

A new episode will be released every Wednesday on our youtube channel so make sure you like and subscribe.

Of course you can also find it on our website at  
[www.thestronglife.ca](http://www.thestronglife.ca)

The vlog will feature various staff, past and present athletes, parents and of course our owners.

Follow along in their daily lives outside of the gym, get a glimpse of what their everyday lives are all about.

Follow as past athletes/staff share their journey and see where they are now in their lives.

Sit back and enjoy the show!

Cheer Strong Inc  
1A - 1618 Dundas Street East  
Whitby, ON L1N 2K8  
905.432.2336  
[info@cheerstronginc.ca](mailto:info@cheerstronginc.ca)  
[cheerstronginc.ca](http://cheerstronginc.ca)