breakdown.

Post-workout nutrition is essential for replenishing glycogen stores, repairing damaged muscle tissue, andpromoting muscle protein synthesis, ultimately optimizing recovery and fostering gains in strength and muscle mass. Therefore, careful attention to nutrient timing can be a powerful tool in achieving your fitness goals!"

Joey Young
Head Coach | Certified Nutrition Coach



Kid's Corner

NEWS AND UPDATES FOR THE GYM'S FUTURE ALL-STARS.

Our young athletes are staying active and having fun! The **Rookie Youth**



What's Up ATX?

BRINGING YOU CLOSER TO WHAT'S HAPPENING LOCALLY.

CAP10K Race & Health & Fitness Expo

Health & Fitness Expo: April 4-5

Race Day: April 6th, 8:00 AM

ABC Kite Fest at Zilker Park
April 5, 2025

Moontower Comedy Festival at Paramount Theatre
April 9-19, 2025

Field Guide Festival at Fiesta Gardens
April 25-27, 2025

Eeyore's Annual Birthday Party at

Sports Performance class meets **weekdays at 4:30 PM**, helping kids build strength, coordination, and confidence.

For our littlest members, **Kids Club** is open throughout the week to keep them entertained while you work out. **Reserve a spot** in advance on the Mindbody app under the Kids Club block to check times and availability.

Pease Park
April 26th, 2025

Tuesday Twilights at Lady Bird Johnson Wildflower Center
March 25th - May 13th, 2025

Austin Blues Festival at Moody Amphitheater
April 26-27, 2025



Spring Break Youth Baseball Camp was a Success!

WHERE FUN MEETS FUNDAMENTALS

Our Youth Baseball Camp was a blast



This Month's Must-Read

THE MOST INTERESTING THING WE READ THIS MONTH.

Eating Right, Exercising Before Surgery Improves Outcomes

By: HealthDay

Discover how adopting healthy habits before surgery—like proper nutrition and regular exercise—can significantly reduce complications and enhance recovery. Studies show that patients

— and the kids didn't just have fun, they came out **better, faster, and stronger**. One camper already showed off his improved skills by racking up runs during this weekend's game!

Big kudos to **Coach Casey** and **Coach Cade** for running an awesome camp, helping the kids fine-tune their performance, and giving each player personalized guidance to sharpen their technique. From stronger swings to quicker fielding, the progress was clear — and the confidence boost was even better. Can't wait to see what they achieve next!

Keep an eye out for more camps coming this summer — you won't want to miss them!

engaging in pre-surgical conditioning experience up to a 50% lower risk of post-operative issues.

FIND OUT MORE



Run Smarter, Not Harder:

Coach Paul Carrozza's Advice for Struggling Runners

BY: JEREMY SHORE

The new **HIT RUN CLUB** (HRC) launches **April 13th**, so we asked Coach Paul Carrozza what HRC participants can expect in the kick off seminar and subsequent weekly run:

In the upcoming seminar, you will cover what it takes to "become a runner, not a jogger."

How do you differentiate between running and jogging?
"Running is more efficient and causes fewer injuries. Jogging creates more impact as you move along at a slower pace. Running requires proper training to strengthen the muscles and tendons to unlock running potential.

People can jog from day one, while running requires adequate training. Jogging has a pace limit, running has more pace potential. After the seminar and 12-week run club, you will learn to love running."

Is this seminar and run club only good for long-distance runners?
"This seminar is good for all types of runners. How far you go is up to you. Learning how to run is the first step."

What are a couple of immediate changes someone who runs could make to become more efficient?
"Find the proper footwear and focus on strengthening key running muscles like the calves, quads, and glutes."

After this seminar and 12 weeks of HIT RUN CLUB, what are changes you expect to see in participants?
"Faster pace, less effort, and more enjoyable runs."

————

The **HIT RUN CLUB** and seminar with Coach Paul offer the perfect opportunity to dive deeper into your running journey—whether you're a beginner, a seasoned runner, or somewhere in between.

With personalized guidance in a supportive group setting, you'll refine your technique, improve your endurance, and learn the mechanics to run smarter and more efficiently.

Plus, if you're logging laps in group classes, this is a great way to sharpen your skills and get even more out of every workout!

April 13th 1 - 4PM with the first run following the seminar, then every Tuesday morning after.

Register today and let's make it happen together!

REGISTER HERE

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