



WELCOME BACK TO OUR
MONTHLY NEWSLETTER



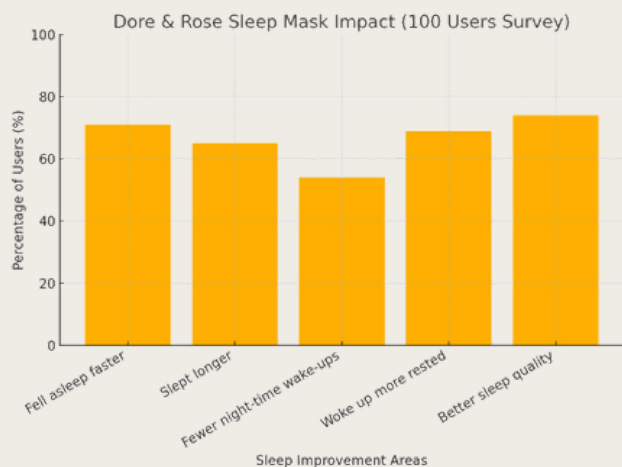
What's new:

- **Dore & Rose** — Post-Ramadan stats show improved sleep and recovery with the sleeping mask.
- **Forma Sports & Rite** — Collaboration statistics for performance and wellness.
- **Ramadan Cycling Open Ride** — Community highlights from a special Ramadan ride.

New statistics

HOW MUCH DID SLEEP MASKS REALLY HELP DURING RAMADAN?

Based on our recent clients' feedback and sleep quality data collected by Forma Sports, **silk sleep masks by Dore & Rose** continue to prove their value in improving rest and recovery.



Nearly **3 out of 4** users noticed a significant boost in their sleep quality thanks to the simple habit of using a comfortable sleeping mask. Better recovery = better performance.



Free Resources

NUTRITION PROTOCOL IS AVAILABLE

SEND "RITE" HERE TO GET THE BOOK



- Vegan, 100% Halal
- Natural colours & flavours
- Sugar-Free & Gluten-Free
- Made in France
- Plant-based ingredients

NO Gelatin

NO Artificial colours & flavours

NO Fillers

NO Coated sugar

NO Poor quality ingredients

Forma Sports & Rite Collaboration

YOUR WELLNESS JUST GOT AN UPGRADE!

We're teaming up with **Rite**, the go-to brand for tasty, plant-based supplements that actually work. From vegan gummies for better sleep, immunity, gut health, and beauty — to super powders you'll actually want to take — Rite helps you feel good and keep moving.

Since we're all about performance + recovery, this collab just makes sense.

Bonus for our community:

You now get **15% OFF** everything on Rite's website with our code:

COACHMARGO15 or just click the link below ↓

[PRESS TO USE THE LINK HERE](#)

Perfect timing to stock up and fuel your body the right way.



Ramadan Cycling Open Ride

FREE ROLLER SKATING & CYCLING BEFORE THE RACE

This Ramadan, we joined the local sports community at the iconic **Lusail International Circuit** together with the **Chill Ride** team for a special **Open Ride** on March 15th. The event was all about speed, fun, and connection, bringing together **runners, cyclists, and inline skaters** for an unforgettable evening.

Before the official cycling race started, everyone enjoyed **free roller skating, open cycling, and running sessions**, making it the perfect inclusive warm-up for all levels — from recreational movers to serious athletes.



Highlights:

- Over **300+ participants** rolled, rode, and ran together under the Ramadan night sky
- **Forma Sports** proudly represented the **inline skaters** community on the track
- Smooth and fun laps with skaters, runners, and cyclists sharing the circuit
- A beautiful **community Suhur** wrapped up the night in true Ramadan spirit
- We continue to grow the **inline skating culture in Doha** by joining trainings and pre-race rides, making sure skating stays part of the scene.



@CHILL.RIDE.QA

@formasportsco | info@forma-sports.com

WWW.FORMA-SPORTS.COM

OUR SERVICES



IN-HOME PERSONAL TRAININGS

Your trainer, **your space**. We come to you for tailored sessions. **First-timers** get complimentary Pilates socks. *Optional: add a custom **Bala equipment** bundle.*

[BOOK HERE](#)

GROUP CLASSES

Our classes blend strength, Pilates, stretching, and mobility — all powered by *Bala equipment*. Suitable for all levels and always in style.

Join us at:

- Chedi Katara Hotel
- Curve Pilates Center

[BOOK HERE](#)



EQUIPMENT

Create your **stylish home gym** or elevate your **fitness studio**! Bring function and style together with **Bala equipment** — perfect for home workouts or professional studios.

[ORDER HERE](#)



SUPPLEMENTS

Boost your performance with **Rite**, a premium supplement brand focused on science-backed formulas for better health, recovery, and athletic results. Order through the link below and enjoy an exclusive **discount!**

[ORDER HERE](#)

