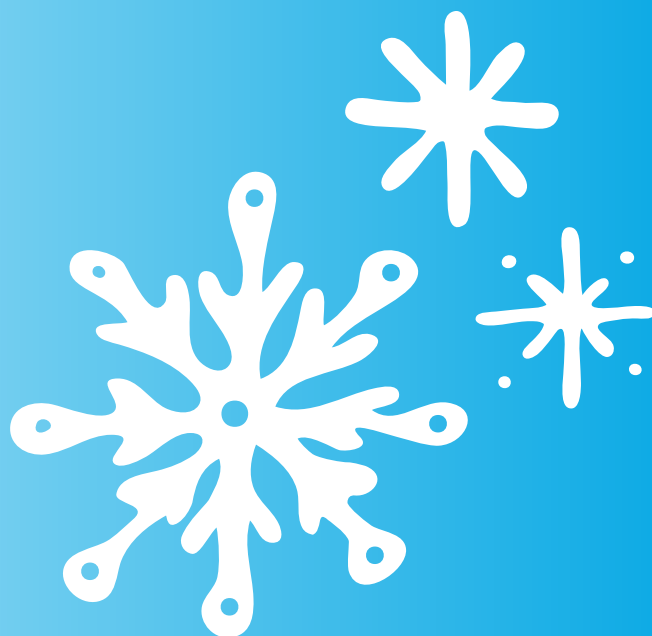


NEWSLETTER



January Birthdays

Ruth Gostomski	Jan 1
Aimee Wiedmeyer	Jan 2
Katie Woelfel	Jan 5
Adam Demmer	Jan 6
Ryan Schneeberger	Jan 7
Carrie Kasubaski	Jan 16
Brett Ponejolic	Jan 18
Dave Barby	Jan 19
Amanda Sacks	Jan 21
Jason Gostomski	Jan 28



Measure Your Fitness

Every Month

THE FIRST WEEK AND LAST WEEK OF EACH MONTH, MONDAY AND TUESDAY, WILL BE A WORKOUT THAT WILL BE REPEATED. WE WILL MEASURE NOT ONLY NUTRITION AND CONSISTENCY BUT ALSO OUR STRENGTH PROGRESS! YOU CAN ENTER YOUR RESULTS IN THE ZEN PLANNER APP AND SEE HOW YOU'VE IMPROVED.



Time To Upgrade!

ANY NEW MEMBERS LEAVING THE SIX-WEEK CHALLENGE AND CONTINUING TO STAY, WILL GET A FANTASTIC AND EXCLUSIVE A1 HEALTH AND FITNESS GYM BAG!



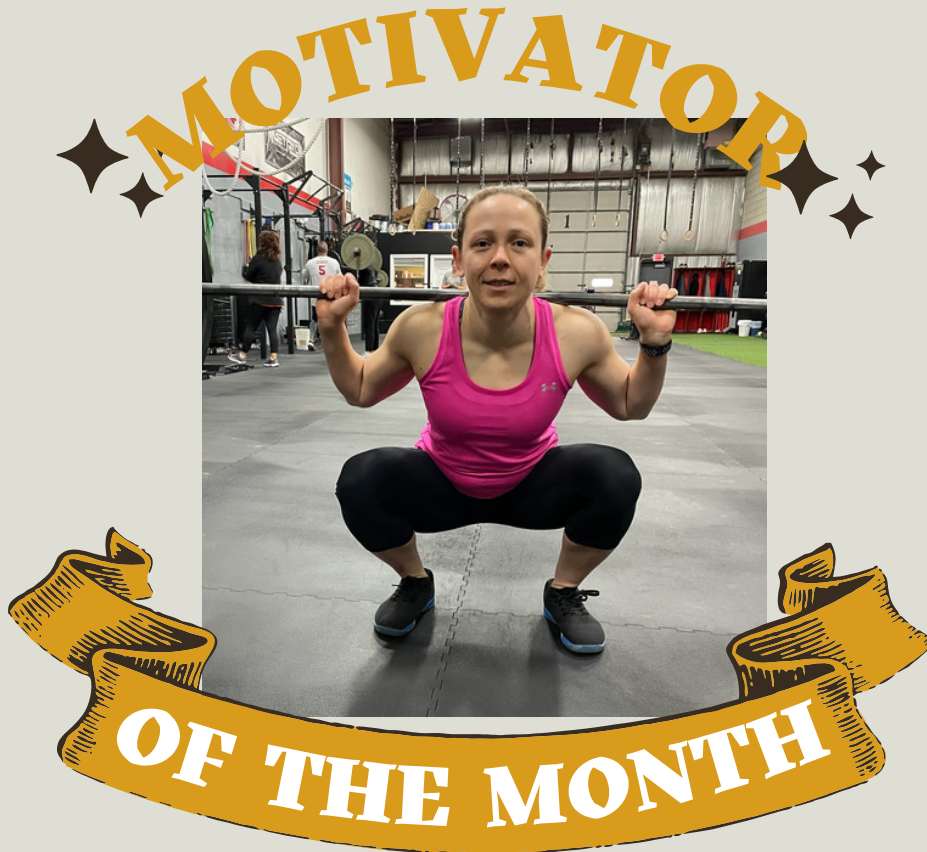
AXE AWAY!

**MEET AND GREET COMING UP
ON JANUARY 20TH AND IT'S A
SHARP EVENT!**



**LOCATION IS AT WEST BEND
AXE & ESCAPE AND THE TIME
STARTS AT 5PM**

CONGRATS LIZ STRAUB!



This is Liz's story-

Between going back to school in 2019 and then the pandemic in 2020, I gained a lot of weight. I was looking for a gym that would challenge me and make working out fun. I saw A1 on Facebook and decided to give it a try. I've been hooked ever since.

A1 helped me work through a torn knee surgery in 2022. The coaches (especially Liz) helped ease me into the workouts and would modify things to help me. I am now stronger and in better shape than before knee surgery. They also helped me with the biggest challenge of my life: type 1 diabetes. I knew nothing about type 1 diabetes, and being diagnosed as an adult was a huge struggle for me. The coaches here taught me a lot about nutrition and helped keep me accountable. I'm excited that my A1C went from 14.4 in June 2022 to 5.4 in September 2023.

- Favorite movement: bench press
- Least favorite: jump rope... whoever invented a "double under" is psychotic and we are not friends.
- Goal: to do kipping pull ups, handstand push ups and hand stand walks
- The best advice I got from a coach (Alex): there are 365 days in a year; be good for 300 days. Eat healthy and workout regularly, but allow yourself to be human... eat a Christmas cookie or two.
- Controversial opinion: Qdoba is better than chipotle.
- Favorite coach: whoever is coaching at 9:30am!

WHY WE CHOSE LIZ!?

Liz is always going out of her way to help new members with movement and offering tips! As coaches we love the extra help! The members appreciate it and feel part of the community. Thanks for being so great Liz!

HOW?

Suggestions on how to become member of month

- Bring energy to class!**
- Introduce yourself to people**

- Be present on social media**
- Offer help to new members!**
- Be supportive!**

Perks of member of month

- cool shirt!**
- control of music/playlist**
- lots of appreciation**
- 1 month unlimited classes**



TEEN PROGRAM

Feb 5th - March 13th
Mondays & Wednesdays
6:30 - 7:30 pm

01 Get Stronger

02 Be Faster

03 Perform Better



JACKED IN JANUARY

**HERE IS THE
AVALANCHE
AND ITS HUGE!**



**YOU CAN SIGN UP
FOR THE JACKED IN
JANUARY SEASON ON
ZEN PLANNER AND
GET THIS AMAZING
SHIRT**

**JANUARY 16TH- MAR 11TH
TUESDAY 6:30
SATURDAYS 9:00 AM**