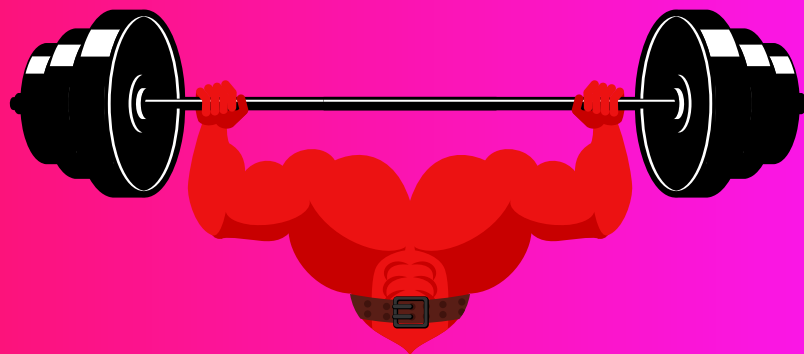


NEWSLETTER



February Birthdays

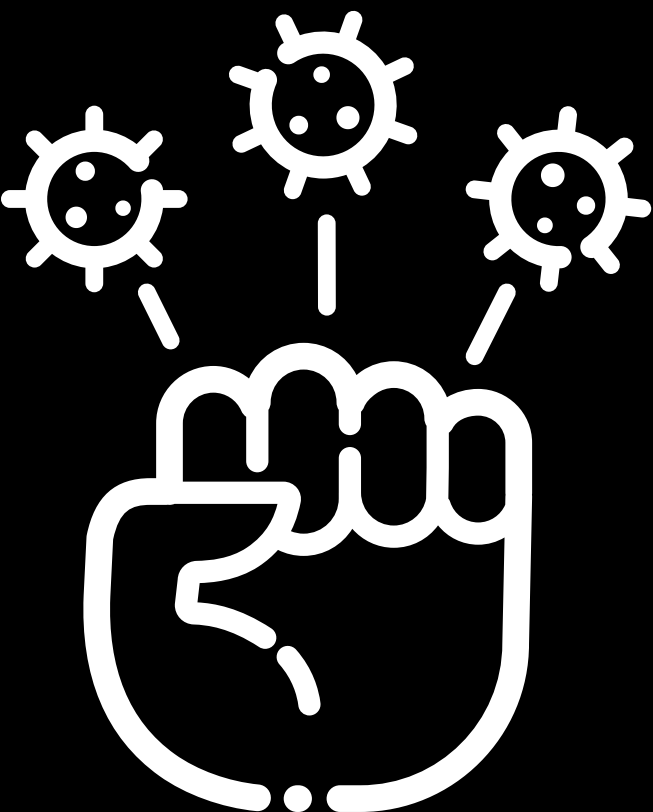
- | | |
|-------------------|--------|
| JOHN HOFFMANN | FEB 7 |
| MICHELLE WERBELOW | FEB 10 |
| ANNALYSE HEINRICH | FEB 17 |
| MICHELLE DEMMER | FEB 26 |
| KAILAH DEHARDE | FEB 29 |



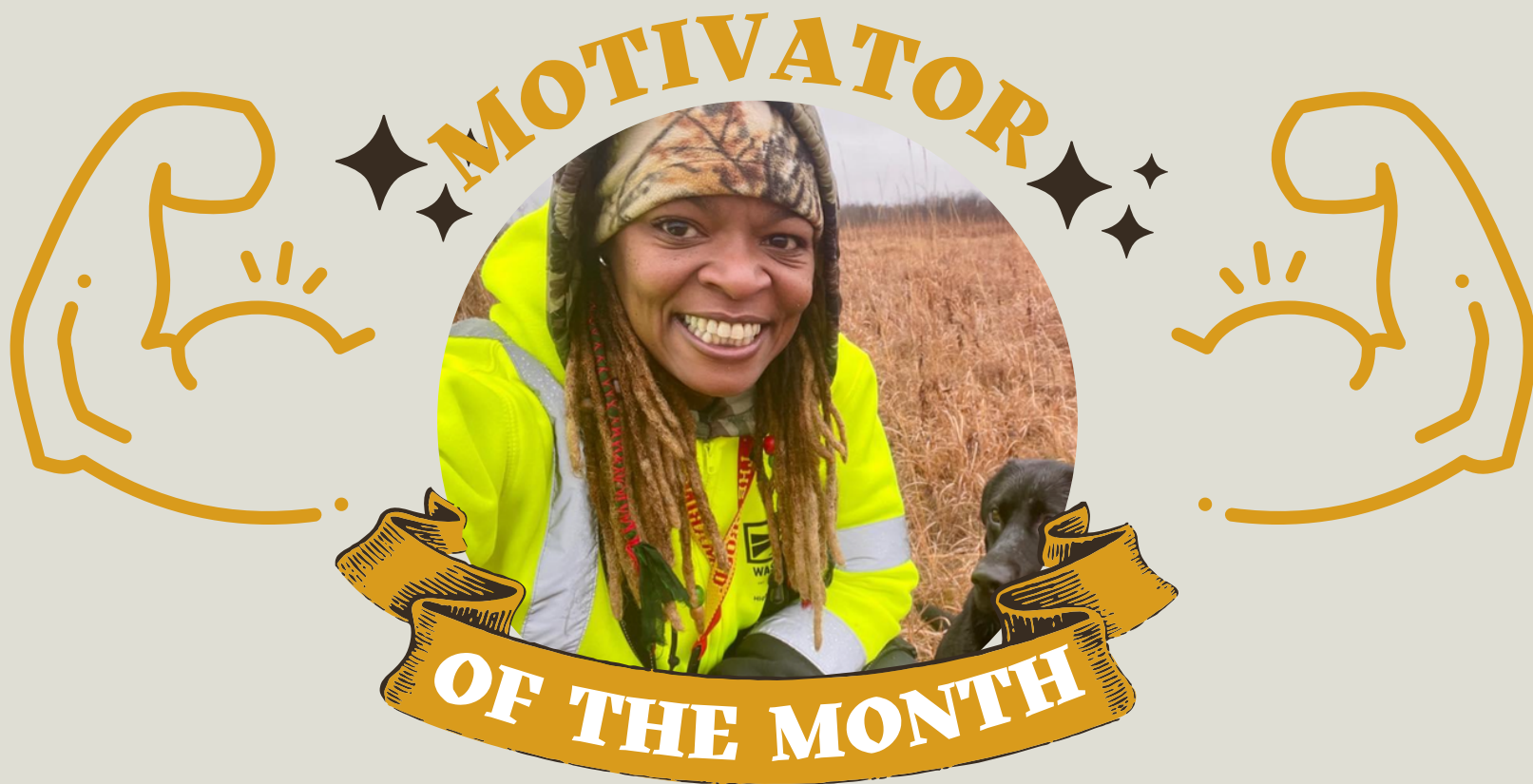
CONSISTENCY THROUGH THE STORM

***THE WEATHER HAS BEEN
ROUGH, AND SICKNESS HAS
BEEN ON THE RISE!***

***BUT WE CAN'T LOSE OURSELVES TO THIS
WEATHER! BUILDING UP STRENGTH WITH REST
HELPS, BUT ALSO PUTTING IN A GREAT WORKOUT
CAN HELP FIGHT OFF BUGS AND VIRUSES BY
STRENGTHENING THAT IMMUNE SYSTEM!***



CONGRATS TARRA GUNDRUM!



This is Tarra's story-

I am a faithful, lover of life and all things outdoors! I am married to my husband of 24 years, Jason and we have two lovely girls, Jazmyn and Destiny.

I started this journey because I needed to learn how to become physically stronger in a safe environment, while overcoming physical challenges. To date, I've lost over 45lbs and gained an incredible amount of strength, mobility, and endurance. I finally hit my goal of doing my first wall-walk, and I'm also falling head over hills in love with Olympic Weightlifting.

The next goal on my list is to do strict dead hang pull-ups and I know that I'll achieve that goal if I keep showing up and putting in the work. I couldn't do this with the help of my favorite coaches ... which is literally all of them, and the motivation of all you lovely A-1 members! :)



**PERKS OF MEMBER OF
MONTH**

- COOL SHIRT!**
- CONTROL OF
MUSIC/PLAYLIST**
- LOTS OF APPRECIATION**
- 1 MONTH UNLIMITED
CLASSES**

MARCH ? MEMBER!

**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!**

SPREAD THE LOVE CHALLENGE

HOW WOULD YOU LIKE \$150
AND A FREE MEMBERSHIP?

FOR THE MONTH
OF FEBRUARY
REFER SOMEONE
AND GET \$150
CASH



REFER 5
PEOPLE AND
YOUR NEXT
PAYMENT IS
FREE!! ABOUT
\$1000 VALUE



Upper Body Mobility Workshop

Looking for ways to improve upper body lifts, decrease tightness, and prevent injury?

Licensed Athletic Trainer, Bryana Kudek, will dive into the importance of upper body movement and spend time going over simple exercises to help gain and maintain mobility for upper body lifting.

Sign up
here!



SCAN ME

February 6, 2024
9-9:45am
A1 Fitness
\$30

YOGA TIME!

Come in, stretch out
some sore muscles,
and give yourself
time to relax!


Blue Luna Yoga
Sunday Feb 11th



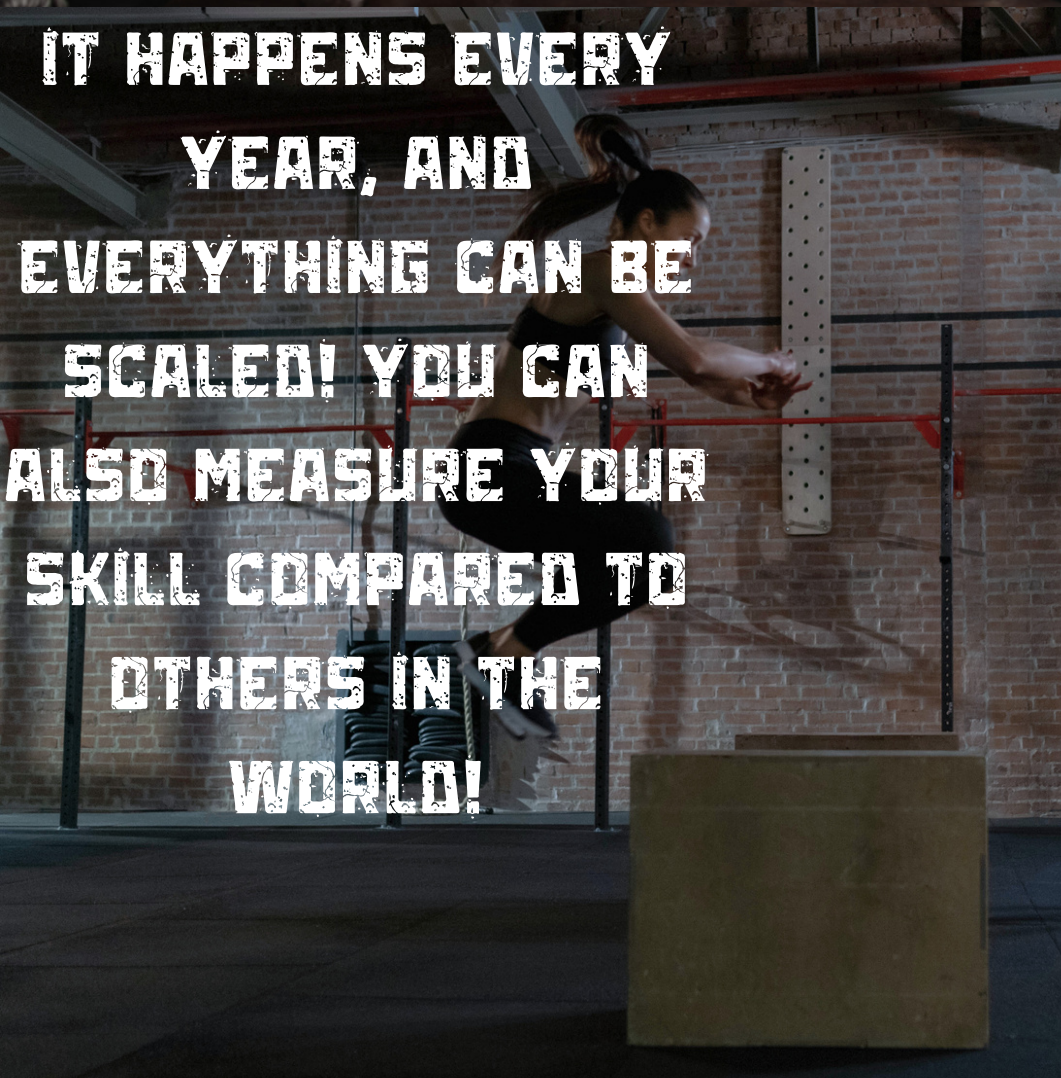
Register on events
in Zen Planner

\$30 - if this is
something you guys
want more of, it can
be a regular class!

CROSSFIT OPEN



IT IS A HUGE
EVENT THAT
TESTS YOUR
STRENGTH AND
FITNESS!



IT HAPPENS EVERY
YEAR, AND
EVERYTHING CAN BE
SCALED! YOU CAN
ALSO MEASURE YOUR
SKILL COMPARED TO
OTHERS IN THE
WORLD!



WORKOUTS
EVERY FRIDAY
- MARCH 1ST
- MARCH 8TH
- MARCH 15TH
5:30 PM