

NEWSLETTER



March Birthdays

- | | |
|-------------------|--------|
| LINDSEY ANDERSON | MAR 1 |
| ALIENA MATUSZCZAK | MAR 5 |
| CRAIG BIESIK | MAR 7 |
| SUSAN SWITZER | MAR 11 |
| JENNA FITZGERALD | MAR 12 |
| MADDIE HESS | MAR 18 |
| DEREK FREUD | MAR 19 |
| BRETT WICKMANN | MAR 26 |
| BRYAN BEHN | MAR 28 |
| ROWAN BELL | MAR 28 |





Congrats to Ruth Gostomski!!

March Member of the Month!

This is what Ruth has to say!

Hi everyone! I have been a member at A1 since August of 2015.

A1 has been a consistent thing in my life through a lot of changes over the years. I have made some amazing friends and love meeting new members!

It's so much fun to watch new members grow in the gym.

I am a mother of two daughters Aubrey and Alaina. My husband Jason and I are expecting our first boy in April! My goal has been to keep coming to the gym through my pregnancy. I appreciate all of the members encouragement through this phase of life. I will be so excited to get back to the gym after baby, ready to get after some new goals.

MEMBER OF THE MONTH

(APRIL)???

freshchef

MEAL  PREP



MILWAUKEE BASED MEAL PREP COMPANY

A1 Health and Fitness members receive a 10% discount and free shipping on each order
Enter **A1FIT** at Checkout

HOME DELIVERY | TIME SAVER | FULLY PREPARED



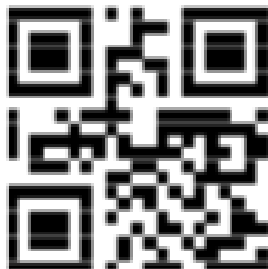
Meet and Eat

- Tuesday 3/12
- 6:00pm at A1
- Sample some of the amazing meals you can order

Scan the QR code below to download the app and start ordering right away. See macro profiles and percentages of all meals!



Shepherd
Best of Milwaukee
★ 2022
WINNER



scan to order



Newest Members

A big shout out to our newest members to complete the 6 week challenge with amazing results

Jenny

lost: 5# fat

gained: 1.5# muscle

Michelle

lost: 11# fat

gained: 3# muscle





SLIM DOWN

CHALLENGE COMING

BACK!

**THIS UP COMING SUMMER THE
SLIM DOWN CHALLENGE WILL
HAVE BIGGER PAYOUTS, BIGGER
WINNINGS, AND EVEN BETTER
RESULTS TO BE GAINED!**



**ADDITIONAL LAYERS OF
ACCOUNTABILITY AND
NUTRITIONAL COACHING WILL BE
PROVIDED TO BREAK THAT
PLATEAU AND GAIN MORE SUCCESS!**

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

March 23, 2024

9-9:45am

A1 Health & Fitness

\$30

2025 TRIP TO JAMACIA

IF YOU WANT TO JOIN ON THIS ADVENTURE THAN THE PREPPING STARTS NOW! START SAVING RIGHT AWAY, EVERY WEEK SETTING ASIDE \$60-\$70! DATES WILL BE AT THE END OF JANUARY/EARLY FEBRUARY 2025.

JAMAICA IS KNOWN FOR ITS FILLING, MOUTH-WATERING FOODS, SPARKLING CRYSTAL BLUE WATERS, AND AMAZING WHITE SAND BEACHES! WE WILL BE STAYING AT AN ALL INCLUSIVE ADULTS ONLY RESORT.

