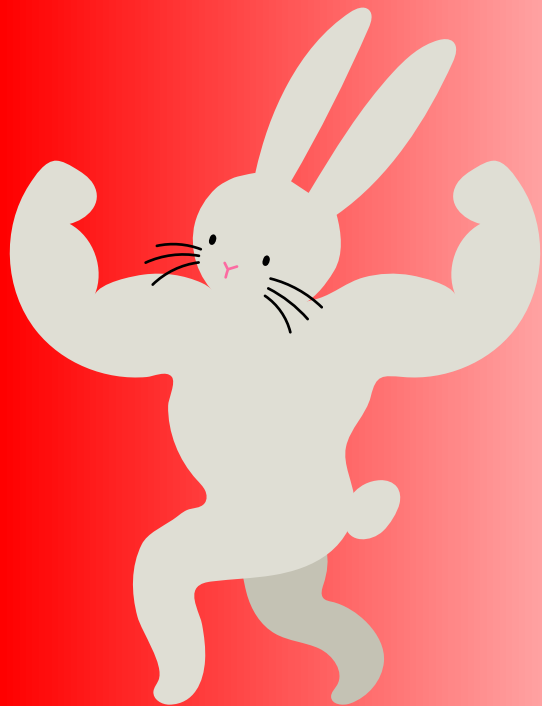


# NEWSLETTER



## April Birthdays

**JANELL ERDMANN**                      **APRIL 7**

**SHEENA DELONG**                      **APRIL 8**

**STEPHANIE PETERS**                      **APRIL 14**

**MIKALAH HESS**                      **APRIL 19**

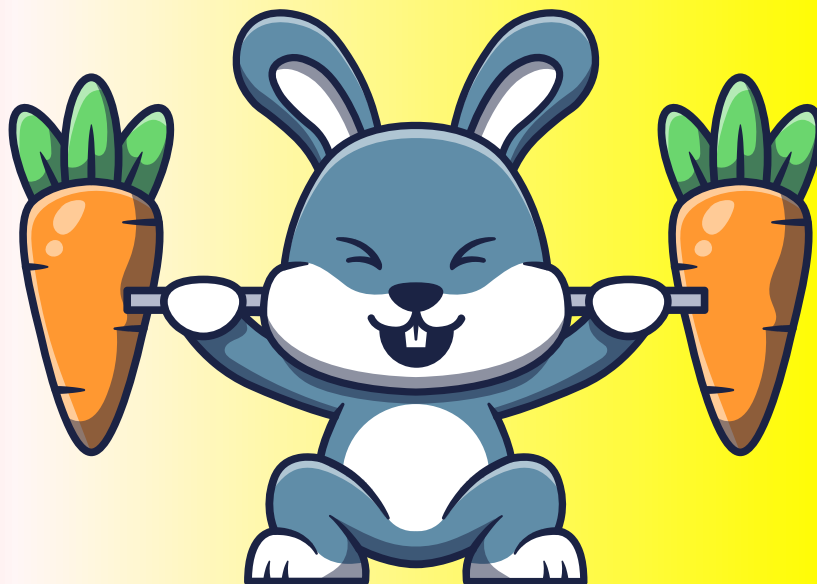
**MICHELLE MITCHELL**                      **APRIL 19**

**ALEX HERTHER**                      **APRIL 20**

**JUSTICE MADL**                      **APRIL 24**

**ANJA LANSER**                      **APRIL 26**

**JEAN THIEL**                      **APRIL 30**



# **Red Carpet Slim Down**

**6 weeks to be ready!**

**Starting April 8th**

**April 7th will be our first  
accelerated nutrition class,  
which will be held every  
week on Sunday from 12-  
1pm!**

**BONUS: Grab a friend to sign up  
with you! They will get the 6-week  
classes and nutrition for 75% off  
our normal 6 week challenge price  
for only \$199!! \$50 of that is put  
into the payout PRIZE MONEY!**

**There will be prizes for BEST  
BEFORE/AFTER PICTURES,  
MOST FAT LOST AND BEST  
TEAM!!!**



# Sweaty Selfie TIME!!

April 7th-May 11th

This is going to be FUN and SUPER EASY!! Here it is: Take a selfie in the gym, post it on your social media and tag A1 Health and Fitness, and then we will pick 2 people daily to win \$20! That's \$40 daily and \$1400 over the next 5 weeks!



## Join us for Comedy Night @THE BEND

Jen and I are in seats 1 and 3 in the 3rd aisle. Follow [this link](#) for tickets, only \$25. Plenty of spots left, let's fill the row!



# MEGHAN HANLEY

4/27 APRIL 27  
7:30PM 7:30PM



THE BEND  
— THEATER —  
THEBENDWI.ORG

as seen & heard on





# April teens program!

APRIL 8TH- MAY 29TH

8 week improvement!

Let's keep your teen active while building the necessary skills for their sports!

Teens checklist  
Work on Strength  
Agility  
Endurance  
Working together  
**HAVING FUN!**

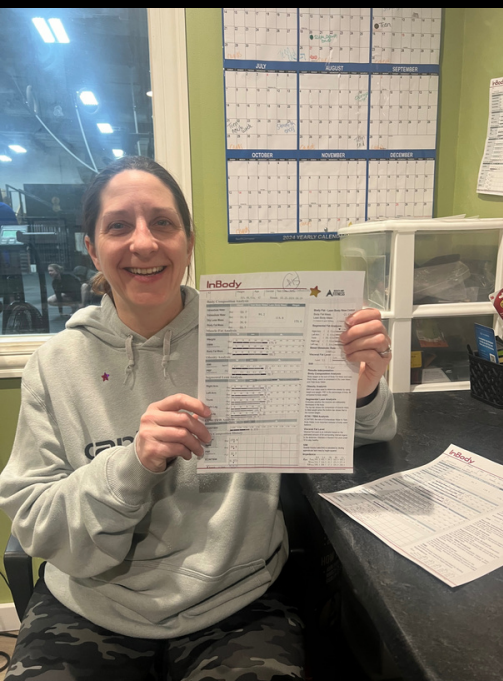
**Bonus: sign up a friend = 20% off session**



## CONGRATULATIONS TO THESE RESULTS!

Michelle has lost 18 pounds since she started in just 10 weeks.

Aliena has gained over 2 pounds of muscle and lost 3% of Body Fat.





**MOTIVATOR**



**OF THE MONTH**

**Congrats to Ryan Schneeberger!!  
Heres Ryans story!**

**I WAS FIRST INTRODUCED TO A1 BY MY WIFE WHO KNOWS JEN. SHE KNEW I WAS LOOKING TO IMPROVE MY OVERALL HEALTH. ALSO HAVING THE FLEXIBILITY OF A 5AM CLASS HAD MINIMAL IMPACT ON MY CAREER WAS INTRIGUING. I ENJOY MANY OUTDOOR ACTIVITIES AND THE PATH I WAS ON WOULD EVENTUALLY LIMIT MY ABILITY TO ENJOY THOSE THINGS AS I GROW OLDER. MY JOURNEY SO FAR AT A1 HAS QUICKLY MADE AN IMPACT ALLOWING ME TO ENJOY AND EXCEL AT THESE ACTIVITIES LIKE SKIING. I HOPE TO CONTINUE MY WEIGHT LOSS SHOOTING FOR AN ADDITIONAL 15 POUNDS. THIS WOULD TAKE MY TOTAL WEIGHT LOSS TO 65 POUNDS. I ENJOY ANY LEG MOVEMENT WE DO. WHOEVER INVENTED BURPEES SHOULD BE EVALUATED. BUT WHAT I LIKE MOST ABOUT A1 ARE ALL THE PEOPLE I HAVE MET AND WORKOUT WITH. WE HAVE AN AMAZING GROUP.**

**MEMBER OF THE MONTH**

**(MAY)???**





# Cinco de Mayo

MAY 5 AT THE GYM 4-6 PM  
THERE ARE SO MANY NEW FACES-  
LET'S GET TOGETHER AND GET TO  
KNOW NEWER MEMBERS!

FEAST ON TACOS, SMASH A PIÑATA,  
AND MAYBE SOMEONE CAN MAKE  
SOME MARGARITAS!!

RSVP ON THE FACEBOOK  
PAGE!!



# freshchef

MEAL  PREP



MILWAUKEE BASED MEAL PREP COMPANY

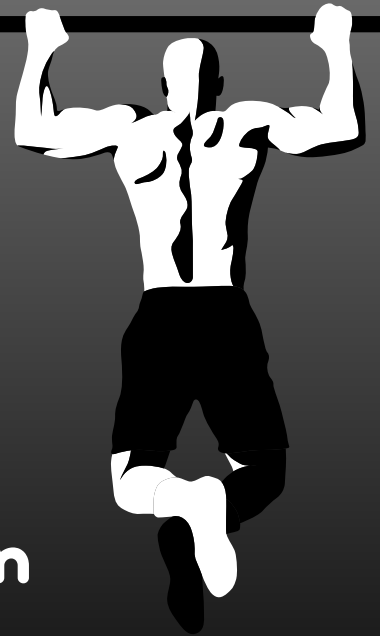


**NEW MENU EVERY WEEK! DON'T FORGET TO GET YOUR MEAL ORDERS IN BY THURSDAY AT NOON IN ORDER TO HAVE THEM DELIVERED ON MONDAYS!! USE THIS CODE: A1FIT**

## MURPH TIME!

**This is gonna come up FAST!! Every year on Memorial Day, we perform a workout called "Murph." It's a tribute to all fallen soldiers and this nation. The workouts can be scaled if needed, and we will also be doing exercises to prepare for it!**

**We will provide food and cook out on the day. Bring something to pass along. It's a lot of fun and a workout anyone can do.**





# 2025 TRIP TO JAMAICA

DATES HAVE BEEN PICKED AND WE ARE STAYING AT THE RIU REGGAE IN MONTEGO BAY. WE WILL BE STAYING 1/25/25 TILL 2/1/25.

EACH ROOM WILL REQUIRE A DEPOSIT OF \$500 TO LOCK IN THE AMOUNT, PLUS YOU MUST PAY FOR TRIP INSURANCE AS WELL. IF YOU WANT TO JOIN ON THIS ADVENTURE THAN THE PREPPING STARTS NOW! START SAVING RIGHT AWAY, EVERY WEEK SETTING ASIDE \$60-\$70!

WE HAVE A GOOD SIZE GROUP GOING ALREADY, THE MORE THE MERRIER!

