

AI HEALTH AND FITNESS

NEWSLETTER



MAY BIRTHDAYS

RYAN PRUESS

MAY 11

JEANNE KARLS

MAY 18

HEIDI LOFY

MAY 25

AMBER WOODY

MAY 27



300,000 Step Challenge!

Starting May 1st!

LOOKING TO BE MORE
ACTIVE!!

You don't need a high step
count, the challenge is to be
more active!

There will be both male and
female winners who will get
\$300 EACH!



This WON'T be determined
by the most number of
steps! To enter, all we need
is a 7 day average number of
steps.

CINCO DE MAYO

MAY 5 AT THE GYM 4-6

PM



**FEAST ON TACOS, SMASH
A PIÑATA, AND HAVE A
VIRGIN MARGARITA OR
ADD A LITTLE ALCOHOL!!**

**RSVP ON THE
FACEBOOK PAGE!!**

A red carpet with gold stanchions and red ropes is shown on a black background. The carpet is a wide, red, trapezoidal shape that tapers towards the top. The stanchions are gold with red ropes. The text is centered on the carpet.

Red carpet

Party!

Friday 5/24

There will be no evening class this day as the party will be open to everyone who is a member.

Come see how much progress has been made during the last six weeks! Over 50 people are participating, and over \$1000 will be given to the top finishers!!

It'll be an excellent event for everyone involved, Not only the participants, but anyone who wants to celebrate the success of those who have participated.

MARK YOUR CALENDAR AND BE SURE TO COME!!

MURPH TIME & IMPROVE STRENGTH!

MONDAY, MAY 27TH (MEMORIAL DAY)!

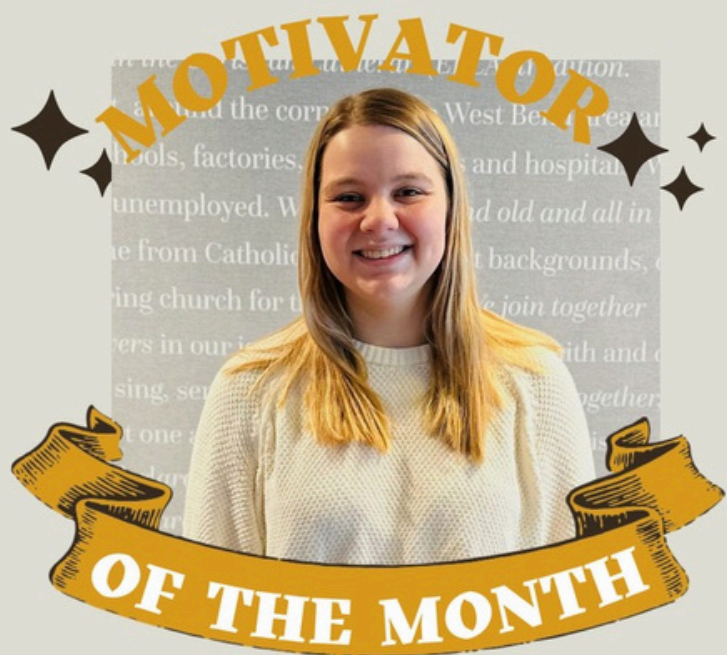
COME FOR A GREAT WORKOUT AND STAY
AFTERWARD TO HANG OUT, HAVE SOME GOOD
FOOD WITH GOOD COMPANY, AND MAYBE
ENJOY A DRINK OR TWO.

THIS IS AN EVENT THAT ANYONE
CAN PARTICIPATE IN, AND WE DO
IT EVERY YEAR TO CELEBRATE
OUR HEROES WHO HAVE FOUGHT
AND GIVEN THEIR LIVES TO KEEP
AMERICA GREAT. WE WILL BE
GRILLING OUT, AND THERE WILL
BE BEVERAGES TO DRINK.



WE WILL ALSO BE DOING ANOTHER CLOTHING
SWAP DURING MURPH. BRING IN CLOTHING A
FEW DAYS PRIOR, AND WE CAN SHOP DURING,
BEFORE, OR AFTER MURPH!

ARE YOU INTERESTED IN GAINING SOME MASSIVE STRENGTH, LIFTING MORE
WEIGHT, AND GETTING STRONGER? WELL, WE HAVE JUST THE THING FOR YOU.
KEEP YOUR EYES ON OUR SPECIAL STRENGTHS CLASS, WHICH IS COMING IN
EARLY JUNE! WE JUST GOT SUPER SLIM; NOW LET'S GET SUPER STRONG!



Congrats to Mikalah Hess!!
Heres Mikalah story!

I STARTED WORKING OUT AT A1 BECAUSE AFTER LOSING 35LBS I FELT STUCK AT MY WEIGHT. I NEEDED MOTIVATION AND HELP TO PUSH ME TO KEEP GOING. I STRUGGLED WITH A CHRONIC MIGRAINE CONDITION THAT HAS BEEN ELEVATED THROUGH STRENGTHEN MY MUSCLES AND STAYING ACTIVE. THROUGH A1 I HAVE FOUND A COMMUNITY THAT SUPPORTS, ENCOURAGES AND TEACHES ME HOW TO LIVE A HEALTHIER LIFE. MY FAVORITE HOBBY IS BAKING WHICH CAN BE A CHALLENGE WHILE LOSING WEIGHT. I HAVE LOVED FINDING NEW WAYS TO COOK AND BAKE IN HEALTHIER WAYS. MY GOAL IS TO TONE MY MUSCLES, BUILD STRENGTH AND LOSE 15 MORE POUNDS!

MEMBER OF THE MONTH

(JUNE)???

