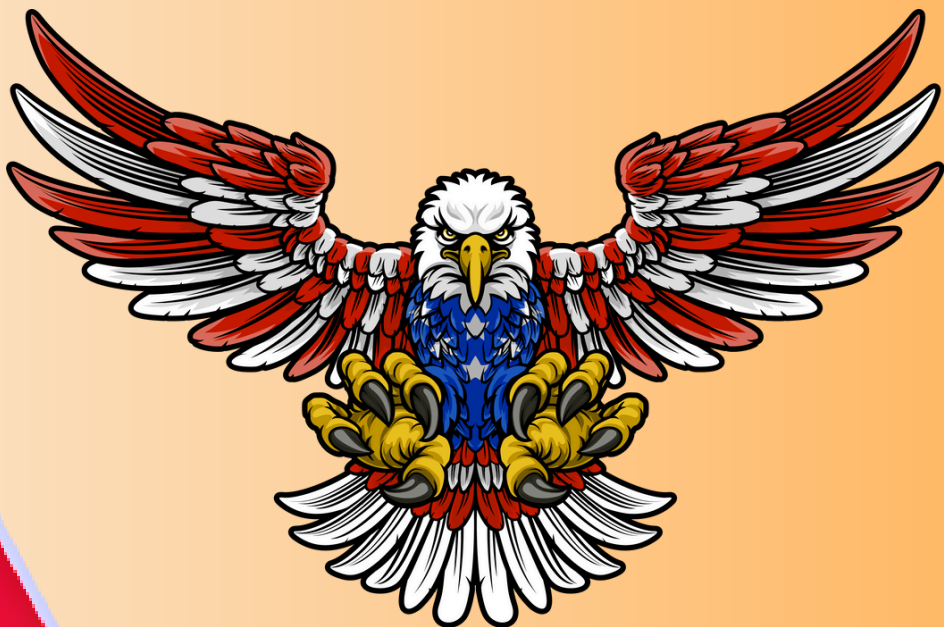


# NEWSLETTER



## June Birthdays

<b>MARK STEINMETZ</b>	<b>JUNE 4</b>
<b>CRISSI MERKEL</b>	<b>JUNE 7</b>
<b>LAURIE RATE</b>	<b>JUNE 13</b>
<b>AMBER KWIECIEN</b>	<b>JUNE 13</b>
<b>BJ SAUER</b>	<b>JUNE 14</b>
<b>BROOKE BECKER</b>	<b>JUNE 19</b>



# **A1 SPECIAL STRENGTH TRAINING**

**TUESDAY,  
JUNE 4TH**

**FOCUSED ON HEAVY LIFTING  
AND GETTING STRONGER. THE  
CLASS WILL BE 2X A WEEK FOR  
AN HOUR LONG ON BOTH  
TUESDAY AT 6:30PM AND  
SATURDAY MORNING AT  
9:30AM. THE CLASS WILL RUN  
FOR 8 WEEKS AND WILL HELP  
BUILD YOUR CORE LIFTS.**



# MARK YOUR CALENDAR!

## KICKBALL TIME!

SUNDAY, JUNE 9TH!

WE WILL BE HEADING TO "INSERT PARK" TO PLAY  
SOME KICKBALL. WE WILL BE STARTING AT ABOUT 2PM  
AND WILL PLAY TILL 3:30 OR 4PM. THIS IS SOMETHING  
THE WHOLE FAMILY IS ALLOWED TO PARTICIPATE IN  
AND IT'LL BE A GOOD TIME FOR EVERYONE!



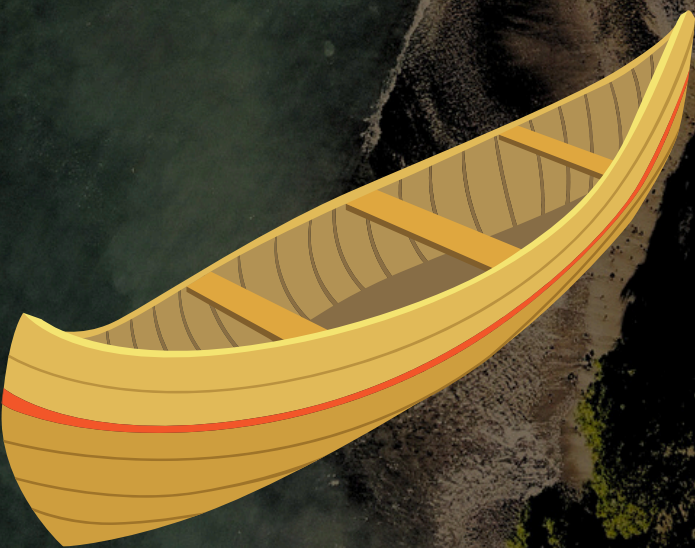
# Kayak and Canoe?

August 10th- 11th

This is a really fun event  
and something we do every  
year. We look forward to  
having a nice big crew this  
year to join us on the river  
for some fun times and  
camping overnight.



The second day is nice and  
easy with only an hour,  
maybe 2 on the river and  
taking out early. After we  
take out, we head to a nice  
place for lunch not too far  
away and then make our  
way home.





Congrats Corey Wiedemeyer!

Hello, my name is Corey Wiedemeyer. You might not know me ,but you will because Im up here on the screen. I like long walks in the moonlight except on full moon nights-i black out and wake up with blood stained tattered clothes and weird patches of extra hair- but any other night is fine. I like working on old chevy trucks and cuddling little warm puppies. I've had a weight problem my whole life. My highest point was January 2022 i hit 508lbs. I had my dr put me on medication which helped me get started back down to a point were i could exercise again, so I hit the gym. Then in December 2022 | saw the ad for AI, I decided to join because my workouts were repetitive and constantly leading to injury, so when I started here I was at 377lbs since then l've lost an additional 80 lbs ,and gained mobility that I haven't had since Ronald Reagan was president. For example just recently I've now become able to run a complete 200 meter! So I'm looking forward to seeing what's coming next- Lets goooo! Big Weed in the

# **WHO'S JULY'S MOTIVATING MEMBER?**

