

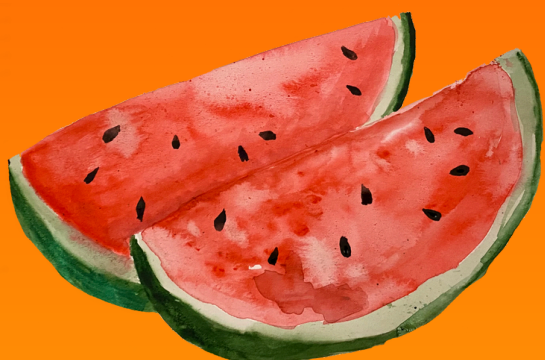
AI HEALTH AND FITNESS

NEWSLETTER



August Birthdays

JAYNE BUTZ	7
JULIA VANA	8
DAWN STEINMETZ	18
MELISSA SIKORA	20
MARK MEYER	21
LIZ STRAUB	26
BURN MCILVRIED	26
JON SACKS	27



POWERLIFTING COMPETITION:

COME LIFT HEAVY ON AUGUST 3RD!

SQUAT, BENCH, OR/AND DEADLIFT!

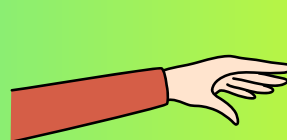


SUMMER SLAM PARTY:

PARTY ON JULY 28TH AT 2-4/5 PM :



- **AT REGNAR PARK**
- **CASH PRIZE FOR WINNERS**
- **KICKBALL AND PIE THROWING**
- **BRING FRIENDS AND FAMILY**
- **FOOD**
- **LOTS OF FUN**



CONGRATULATIONS

KELAH!

**AWESOME WORK KILAH ON
COMPLETING YOUR 6 WEEK
CHALLENGE!**

**You have made such progress in
strength, dedicated to nutrition
and coming in for class to get
those workouts! Super proud and
congratulations!**



OVERNIGHT CANOE/KAYAK TRIP

Hey everyone! On August 10-11 is
the big Canone/Kayak Trip!
Sign up on facebook, no kayak/canoe
needed. Fun for eveyrone, not too
challenging.

Sign up Now!



Chaos Class

AUGUST 17 7:30am

outdoor class filled with new
and fun challenges



Register on Zen- get a chaos
shirt for participating!



A1 Swaggy Selfies

- post a photo on your social media
- tag the gym and a coach

cash prizes for winners!

[Link to Shop](#)



**HEALTH AND
FITNESS**

Movement SCREENING

**Schedule with Coach Shane
for a movement screening!**

Screening Purpose:

- **Identify issues**
- **Offer solutions to problems**

Schedule Here

Personal Training CHANGE

Pricing will be \$89 an hour
starting August 1st !



JUST MEATS

JUST HEAT IT UP AND GO!

LINK

We have a partnership with them and it's a great way to get delicious already prepared meat delivered to their door.

MEMBERS GET:

- **\$15 off first order + 25% off first time subscription orders.**
- **10 % off all recurring orders for as long as they order from Just Meats**



Starting September 3rd

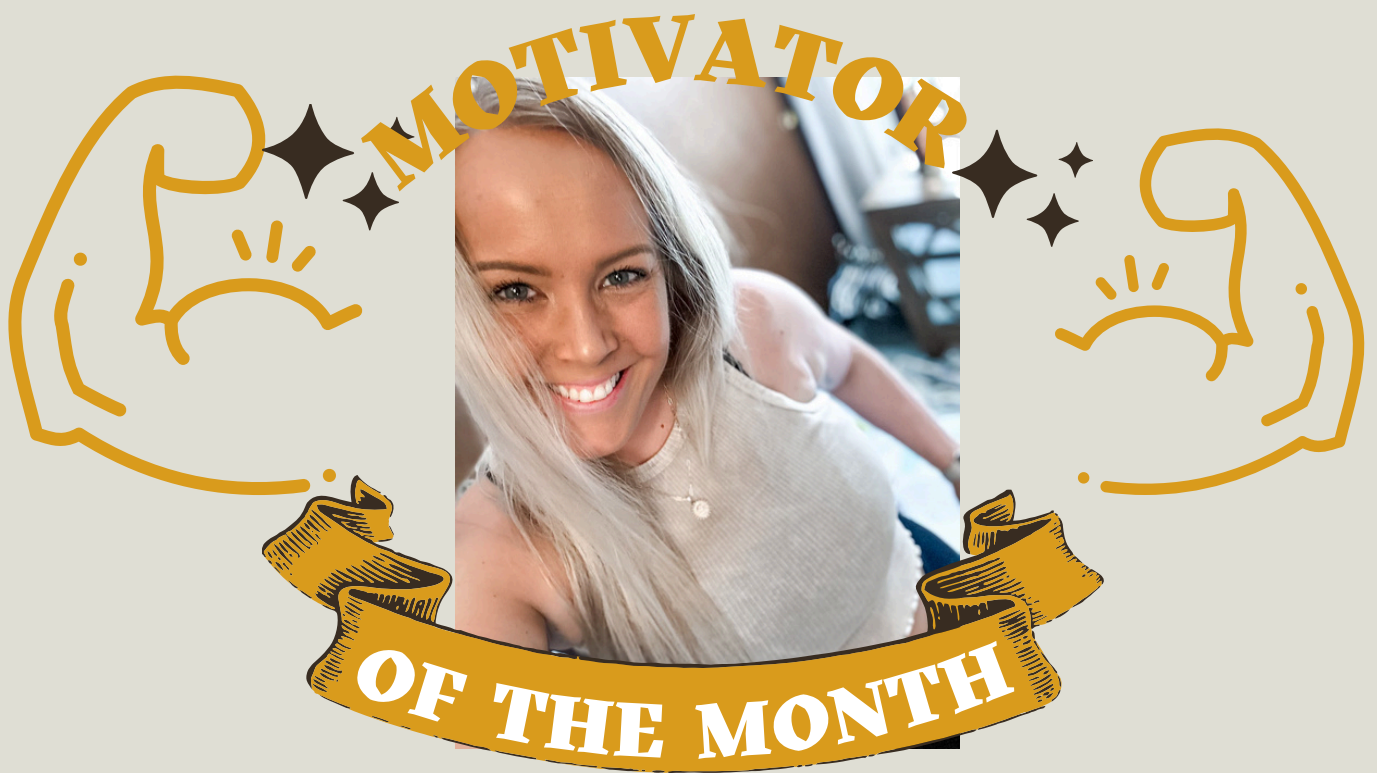
There will be another FUN challenge in September!

Back to school challenge!

- **More weekly challenges**
- **Pop ups**
- **Get our bodies back in shape after summer**



MORE INFORMATION COMING SOON



Congrats Stephanie Peters!

I came to A1 two months after I had my son to feel better about myself again and gain more energy. I found so much more than that. As my journey is still on its way to where I want to be, I get up every morning and go to sweat my butt off because of the community. It's been more than a gym to me it's been the ambition I need to keep going, it's been the laughs among the great people working hard alongside me and it's been the hour I get away from the monotonous day to day life always leaving me in a better mood no matter what.

I can proudly say I have lost a lot of the weight I wanted to, gained strength I didn't know I had, I know so much more about the nutrition I need and have so much more energy and ambition. Moving around and just doing stuff isn't a pain. Carrying around or getting down on the ground with my now 10-month-old son is easy thanks to A1 and the work put in. It's part of my life now and I'm so thankful to be part of such a great community.



Brent Corrie

A1 Health and Fitness' Favorite Intern

Well we unfortunately have some very sad news to announce and that is our favorite intern will be leaving us. Granted he will be leaving to head back to school, but his last day will now be August 2nd and not August 30th as originally planned. He has brought to our attention that he will be leaving us much sooner to pursue an internship at a chiropractic facility which is what he is going to school for. He was informed that he is lacking clinical experience and now is in pursuit of that. We will surely miss his AMAZING energy and super positive and encouraging spirit. While we do wish him the very best moving forward and perhaps he might show his face in the future. He will most definitely be missed by all.



Please be certain to tell him goodbye when you get the chance and let him know how much he'll be missed. Feel free to bribe him with bakery too! Perhaps if we make him feel bad enough he might stay.

