

NEWSLETTER



Starts Sept 3rd!



Look for details on the
Back To School Challenge!

September Birthdays

- Julie Kuepper.....4th**
- Christina Piel.....7th**
- Joe Butz.....22nd**
- Becky Vanassche....27th**





BACK TO SCHOOL CHALLENGE

September 3rd - 28th

STEP ONE: BOOK A NUTRITION CONSULTATION TO GET ENTERED

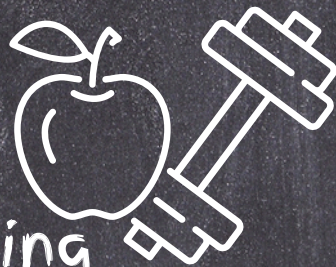
Weekly Challenges

- Each week will have different challenges to participate in
- Challenge incorporates carb cycling for your nutrition plan



Earn points

- Referring friends to the gym, buying supplements, attending classes and completing challenges



Win prizes

Winners will be announced at the end-of-challenge party on the 29th

- Best Transformation = \$250
- Most points = \$225, \$125 OR \$75
- 2 ADMIRALS Tickets for MVP



10 YEAR

SEPTEMBER 15TH
11AM - 3PM

Anniversary

PARTY

Vendors

- Bouncy House
- DJ Entertainment
- Beer Truck by 1840 & Mobcraft
Brewing
- Food Truck by The Antidote

- Gaining Grit Athletic Training
- Celtic Knot Massage
- Blue Luna Yoga
- Prestige Labs Supplements
- Fresh Chef MKE
- Just Meats
- Foxtown Brewery
- And more...

*Open to the public, share
with friends and family,
the more the merrier!*

**Prize giveaways
every 30 minutes!**



**HEALTH AND
FITNESS**



HEALTH AND
FITNESS

STRENGTH

Class

Starts September 3rd

Tuesday - 6:30 to 7:30 pm

Saturday - 8:30 to 9:30 am

Only 2 more spots available!

**Ask a coach to get
you signed up!**

Movement SCREENING

Screening Purpose:

- Identify issues
- Offer solutions to problems
- Assess ROM
- Navigate through injuries
- Important for preventing injuries

Schedule with Coach Shane for a movement screening!

Schedule Here

Personal Training

\$89/Hour

Talk to a coach to schedule some one on one training!

- Get the next level skill or lift
- Increase strength
- Work on your weaknesses
- Discuss eating habits

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 your 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



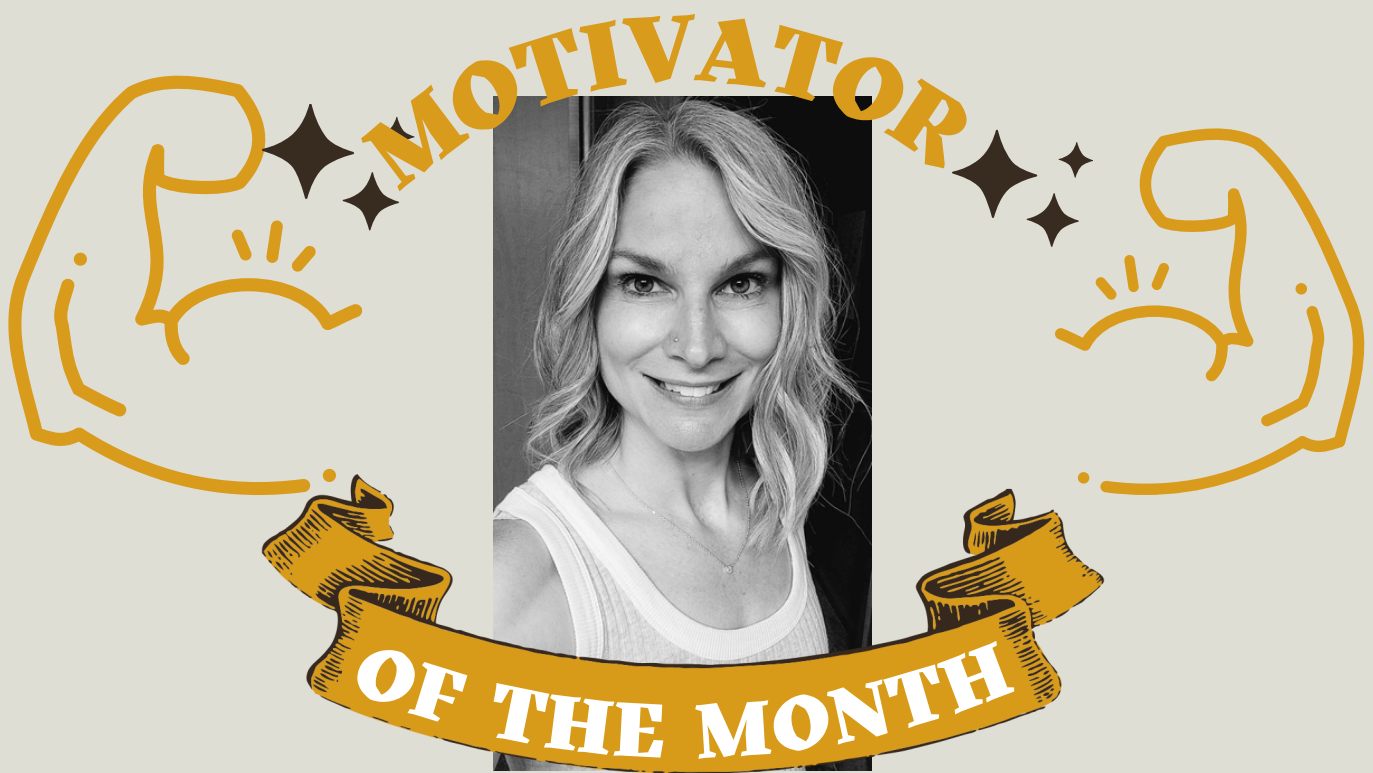
**302 NORTH MAIN STREET
WEST BEND, WI**

End of the Back to School Challenge

PARTY

September 29th @ The Antidote

**WINNERS FROM THE
CHALLENGE WILL BE
ANNOUNCED AND CASH
PRIZES GIVEN OUT!**



Congrats Tammie Emery!

I joined A1 in January of 2020 because I wanted to feel better about myself physically. I had been running but it just wasn't cutting it for the intense workouts I was looking for. My daughter had been granted a Make-a-Wish trip to Hawaii and let's be honest, I wanted my abs back. We had been fostering a couple of girls, in addition to our four biological children, and a lot of my time prior to A1, was dedicating myself to parenting and giving myself to my family and their needs. I was loving it because that's where I wanted to be; however, I knew I wanted to find a way to give of myself AND feel good at the same time.

Here's where things got interesting. After joining A1, immediately after I finished my personal training with Alex and was ready to join classes, Covid hit. So my first months of classes were done on Zoom using mostly body weight. I was committed and determined. Despite not using bars and heavy weights, I lost 15 pounds and significant body fat. I had also learned at that time what proper nutrition can do and what a difference it could make. So now the goal was to build muscle up in a healthy way.

After a little more than 4.5 years later, I have attained the goal of building my body back in a healthy way AND I have abs and a strong core. I feel happy and strong! I lift more than I even thought I could and I still work on building strength. I learned how to do kipping pull ups and handstand pushups. My nutrition is always a work in progress but at least I am more aware of what I am putting in my body.

On top of getting fit and healthy I also learned that A1 is a family. I love the coaches and the friends that I have made along the way! I didn't realize after being a stay at home mom for so long how much I needed the friendships. I laugh a lot at the gym and it's a great way for me to de-stress. It's truly my happy place and something I do for myself.

So, just for fun here are 5 things I've learned at A1 from my coaches, my friends, my husband and myself:

- 1) My arms are weapons! This is what my husband tells me and it's fun to watch my kids' faces when I flex.**
- 2) I sandbag my weights/workouts...haha! Sorry Alex, it was just too funny not to add. That's one of the best parts about A1. The coaches know you well and even when you think they aren't watching, they are! They will push you in the most fun and loving way. And yes, they all do it. Although, on a more serious note I have truly learned how to push my weights most of the time and even though I may dread what the workout will look like I have learned that once you go heavy it feels great.**
- 3) I don't sweat, I glisten...according to my friends. This definitely made me laugh. Thanks Liz and Liz!**
- 4) I am stronger than I think! I hear this often from Tammy and Alex. It's very encouraging and makes me want to push myself harder. I even ran a Tough Mudder with our A1 family...something I never imagined I would accomplish.**
- 5) A1 is my family and we do a lot of fun things together. We have a camaraderie that I love! I wouldn't want to be at any other gym!**





What's coming in October?

Are you gonna step up
to the challenge...