

# NEWSLETTER



## **October Birthdays**

**Scott Lausten Oct 8**

**Brianne Hansen Oct 9**

**Kristi Fiedler Oct 13**

**Joshua Hemmer Oct 17**

**Kyra Pingel Oct 20**

**Pat Sweeney Oct 20**

**Kimmy Olson Oct 20**

**Bob Johnson Oct 20**

**Matt Grasso Oct 21**

**Shane Van Roo Oct 23**

**Candy Brockway Oct 26**

**Adam Patten Oct 30**

**Look for info on  
the October step-up  
challenge!**

CHAOS

# GYMNASTICS

CLASS

7:30am

October 26

Class will work on Strength and Skill elements to improve gymnastics abilities. In addition to that there will be an extra special gymnastics style workout anyone can do at the end. Cost is \$50 and you must let us know what size shirt you wear for a limited edition shirt. Registration closes 10/12

**SIGN UP VIA THIS**  
**LINK OR IN ZEN**  
**PLANNER APP**



HEALTH AND  
FITNESS

There will not be a Sat  
7:30am large group training

# CASA TEQUILA

**October 18th  
@ 6:30 PM**

**Bring your family!**



# *Yoga* CLASS

**Sunday October 6th  
@ 10:30 AM**

**[Link here to sign up](#)**



**HEALTH AND  
FITNESS**





HEALTH AND  
FITNESS

# STRENGTH

*Class*

Ends October 26

**Tuesday - 6:30 to 7:30 pm**

**Saturday - 8:30 to 9:30 am**

Only ~~2~~ 1 more spot  
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



## Step-Up Challenge

**Starts Monday 9/30**

**Final submission will be on 10/27**

**We'll have a "Walking party" on 11/2**

**we'll meet in Barton and walk to the Hub to then hand out awards and prizes. Scoring will be based on who increased by percentage the most.**



**All participants must send their average steps for the week prior, via the trainerize/al app. So by Sunday 9/29, we must have your average for the week prior.**



## Congrats Brianne Hansen!

**Hi Everyone! It's an honor and a privilege to be featured this month - I truly feel blessed to be here. Truthfully, I wasn't sure that I would make it back to a body I liked to see in the mirror and a mind that looked forward to getting up in the morning.**

**I've struggled with my weight, depression, and anxiety my entire life and after having my two beautiful daughters, I was at my highest weight and feeling low mentally. I knew that I had two choices: (1) take steps to strengthen my body and mind or (2) sit on the couch and dream of the mom I wish I was. I decided that for the future of myself and my kids, it was time to start to heal. In January 2024, I began slowly eating better, going for short walks, and easing into exercise.**

**Before starting at AI, I successfully lost 25 pounds. In May 2024, I knew I needed to kick it up a notch if I wanted to achieve my goal of getting into the best shape of my life. I needed the accountability, someone to push me, and a team that I could work alongside. I joined AI shortly thereafter and I dropped an additional 15 pounds of body fat and gained muscle in just 3 short months! I've been blown away by the progress I see in pictures. I have achieved my goal of getting down to the weight I was when I married my amazing husband 8 years ago, and now I've set a new goal!**

**I feel STRONG in body and, more importantly, mind and spirit. My oldest daughter, Ayla (age 5 years), has begun to show me her (huge) muscles, loves to exercise with me, and really looks up to her mommy. Just typing that makes me tear up - I'm so full of gratitude that I am able to be a good role model for my children.**

**I feel stronger than ever in body, mind, and spirit and I have A1 to thank for my transformation. I appreciate the amazing people at the gym - you welcomed me like family, and I truly value the friendships I have made. Big shout out to Tammy for being the first Coach to welcome me with open arms (all the Coaches are AMAZING). I've learned that as long as I keep putting one foot in front of the other (even if that means lunging for 200 meters, yikes!), lifting those heavy bars**

