

NEWSLETTER

NOVEMBER

NOVEMBER BIRTHDAYS

Kilah Engelking 2nd

Clint Fettig 12th

Mike Giroux 20th

Lauren McCarty 28th



Ninja Creami Recipe Book is **HERE!**

23 Mouth watering ice cream
recipes loaded with protein and
low in calories.

If you want it, email "I SCREAM for Ice cream" to
info@a1healthnfitness.com

**Please check
corner cubbie!!**



**Items left at the gym will
be donated
monthly!!!**

CONGRATULATIONS

CLINT

**AWESOME WORK CLINT 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!**



End of Challenge Walk!!

**Nov 2nd Walk from Barton to
THE HUB**

Prizes for winners!!!

Must be present to win



BUILD YOUR STRENGTH!!

**STARTING IN NOVEMBER WE WILL HAVE CHANCES
TO HIT A TOAL OF 400LB, 600LB, 750 LB OR 1000LB
ON SQUAT, BENCH, AND DEADLIFT**

WE WILL DO THIS QUARTERLY!!



BLACK FRIDAY

Watch for bBlack Friday deals!

Nutrition coaching, and personal training packages

Exactly what you need to start 2025 off to an amazing start!

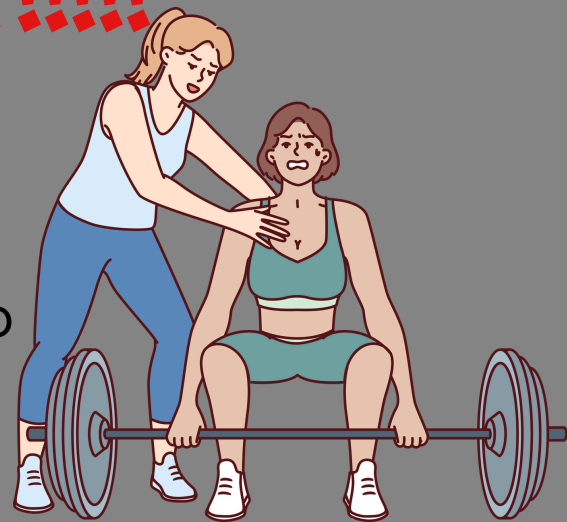
Personal training
or

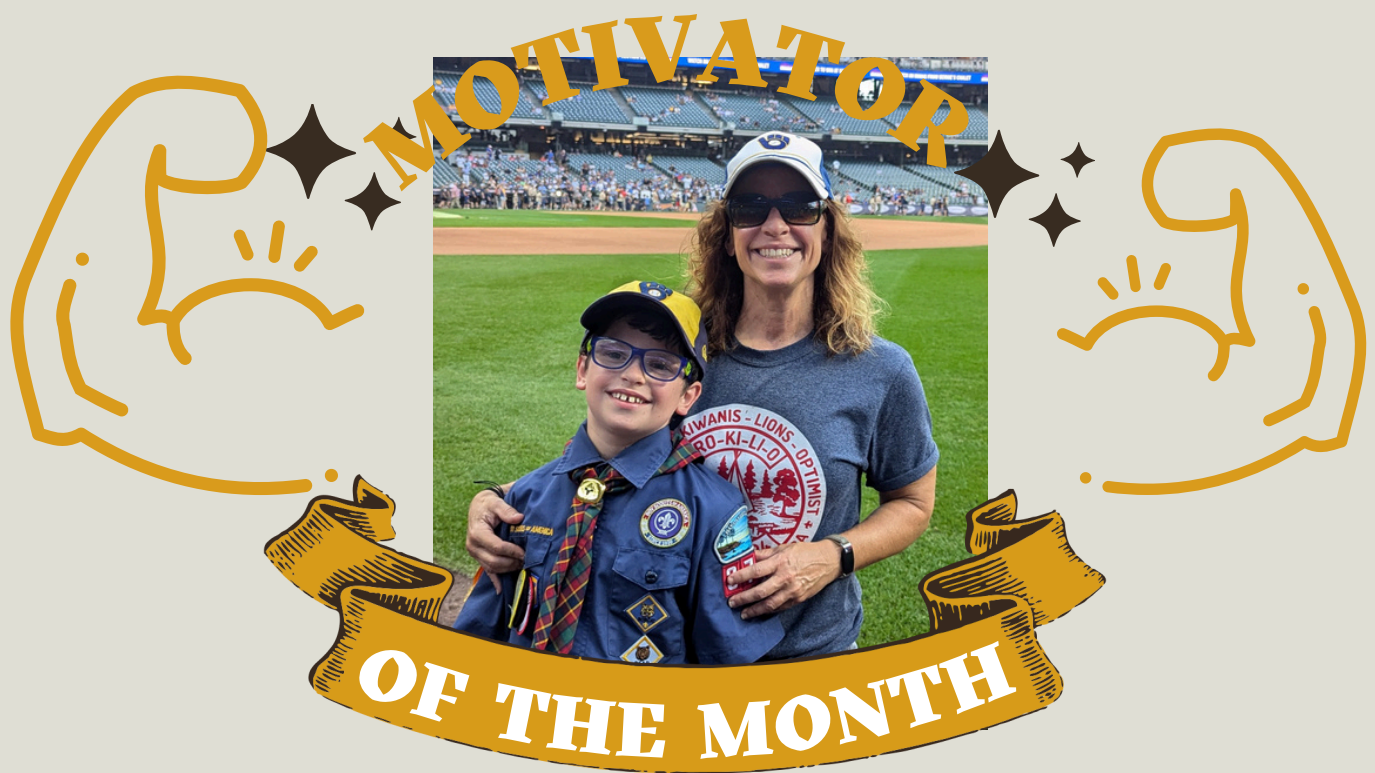
Nutrition counseling

Be your BEST!!!!



*add either or both to your membership





- CONGRATS AIMEE WIEDEMEYER

I was always fit and healthy in my youth with sports and working out, but work and family demands put that on the backburner the last several years. Since joining A1 Health & Fitness, I have rediscovered my passion for fitness and eating right. With a primary goal of keeping up with my active 10-year-old son, I've transformed my body and mind.

From a start of 151.5 lbs and 39.3% body fat in September 2023 to my best stats to date of 127.5 lbs and 23.4%, I've seen remarkable progress thanks to consistent workouts, a protein-packed diet and a fun and supportive A1 community.

But the true test came this summer conquering Cub Scout Camp: hiking 25K+ steps daily, scaling rock walls and navigating the high ropes course.

My secret? Simple: "Keep showing up and do what they tell me to do" (especially Tammy).

Now, I'm setting my sights on 125 lbs, 22% body fat, a real pull-up and the 400-lb club. With the November Holiday Hustle Challenge, I'm ready to push to the next level. In the words of my son, LET'S GOOO!!!

OLYMPIC LIFTING

IMPROVE YOUR CLEAN AND JERK AND SNATCH!

CLASSES T/TH 6:30

LIFTING MEET IN LACROSSE ON 12/7
COACHED BY SOME OF THE BEST OLY
LIFTERS AROUND!
JEN AND ALEX!!



Holiday Hustle



TEAM Challenge starting Nov 11th

**The 11th is VETERANS DAY- so lets start the hustle off with a tough work out! Bring your favorite Vet along for the day!

- Stay on track during the holidays
- Bond with your team
- Donation to Toys for Tots
- Weekly Pop up challenges
- Prizes
- End of challenge Holiday Party!!

<https://a1crossfit.sites.zenplanner.com/event?eventId=7064C048-7595-4B15-94C1-B9548FB843DD>

