

NEWSLETTER

JANUARY

JANUARY BIRTHDAYS

Ruth Gostomski	1st
Aimee Wiedmeyer	2nd
Adam Demmer	6th
Tracie Seer	6th
Ryan Schneeberger	7th
Jasmine Wronski	12th
Dave Barby	19th
Sue Depies	24th
Jason Gostomski	28th
Nola Scherer-Luft	29th

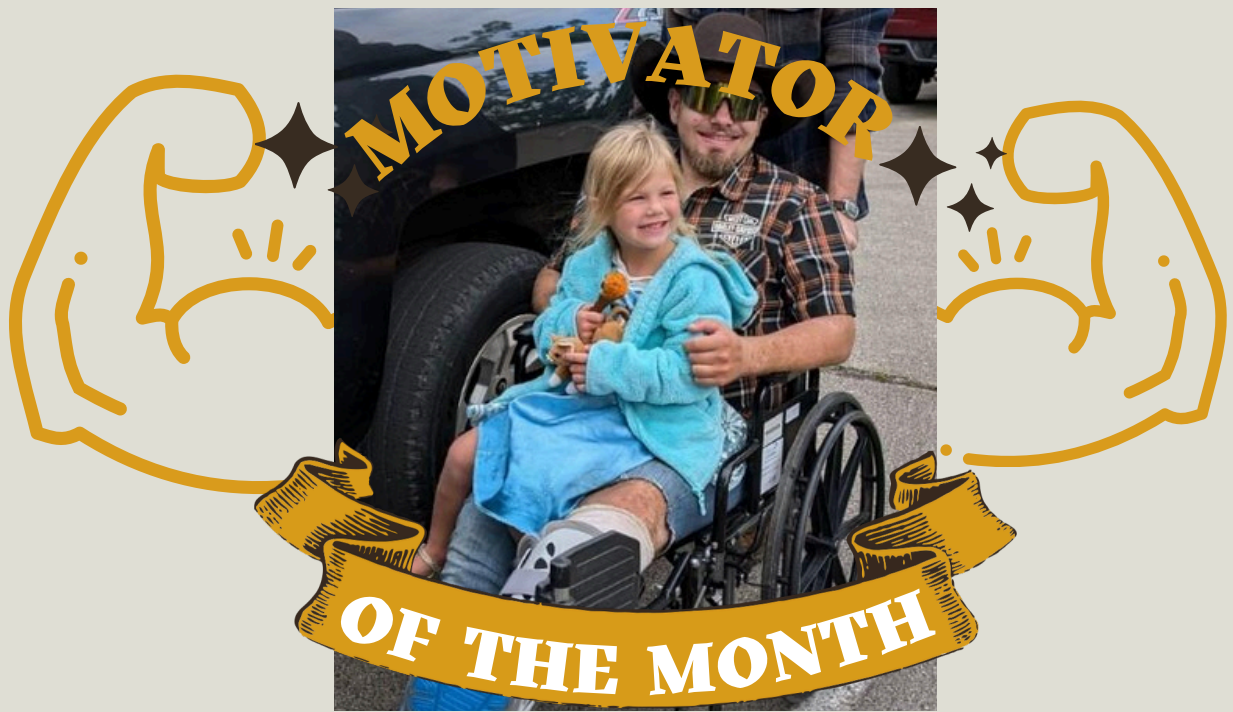


**Are you working on
joining the 1000 lb
club?**

**You can all get extra strength
work in during open gym OR
scheduling a Personal Training
session!**

**February 15th and 22nd will be the
next chance to earn your shirt!!**





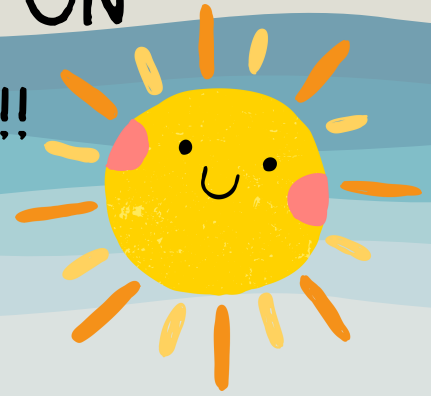
- CONGRATS Derrick Schraufnagel

Life is unpredictable. One day you're riding your prized motorcycle that you had for 8 weeks with 6,000 unforgettable miles on it and the next thing you know, WHAMMY!!! You hit a deer at 60 miles per hour 15 minutes away from home. Not being able to breathe, laying on the side of Highway 45, I thought to myself, "You're not gonna get off the highway alive." With the help of medical professionals, I was flown by Flight for Life to Thedacare in Neenah. My injuries included a collapsed lung, 9 broken ribs, lacerated liver, broken scapula, broken wrist, and broken ankle. While I was laying in the hospital for 10 days, I had more than enough time to be grateful I was still on this Earth and to ponder on what I wanted to achieve in this life. On top of that list was having a regular fitness routine that I would stay committed to, unlike what I have failed with many times in the past. I knew if I was gonna be serious this time, I needed help. With the help of Alex, Jen, Anja, Tammy, and all the members of A1, I have gained the love and commitment of changing my lifestyle and trying to improve myself everyday. I still have a lot of miles to go in my fitness journey (and my motorcycle career) but, with everyone involved at A1 I am highly confident I will reach my destination in the future. For that I want to say thank you to everyone involved, from all the coaches to the members. P.S. I will be replacing my totaled Road Glide next spring and will continue to travel this beautiful state of Wisconsin on 2 wheels.

JAMAICA

January 25- February 1st

YOU CAN STILL GET IN ON
THE FUN AND SUN!!!!



What's coming in January?????

*Coming
soon*

Have you all seen Carlos lately??



He lost 21 pounds in 4 months!!
He's down to 16% body fat and eating
more than he thought he could!

High fives to this guy!!



Five Tips to start the New Year off right!

1. **Prioritize Recovery-** Focus on sleep, hydration and active recovery (yoga/mobility). Who gets 7-9 hrs sleep?
2. **Fuel your workouts-** eat for performance and body composition, prioritize protein, and whole foods. **HYDRATE!**
3. **Learn to move well-** we all love to look good! Strength prs, endurance and new skills are also necessary.
4. **Track-** we can track calories, protein, attendance, sleep, pounds lifted- we **CAN NOT** manage what we dont measure.
5. **Get outside-** the outdoors is a mood booster, vit D strengthens our immune system- layer up- its worth it!!

2025

Shrimp Tostados



Your ingredients

- 1.5 lbs. shrimp tails removed
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. chili powder
- 1 tbsp. olive oil
- 12 small corn tortillas
- 1 14.5 oz. can refried beans fat free
- 1 cup guacamole
- 1 cup cheddar cheese shredded
- $\frac{3}{4}$ cup cilantro avocado yogurt dressing

Instructions

Preheat oven to 400 °F.

Spray both sides of the corn tortillas with cooking spray. Bake for 4-5 minutes. Flip and bake for an additional 4-5 minutes.

Make sure the shrimp is dry. Season with garlic powder, paprika, and chili powder. Heat a pan with 1 tbsp. Olive oil. Add the shrimp and sauté for 1-2 minutes on each side.

Heat refried beans and start to assemble your tostadas.

Layer beans, guacamole, shrimp, cheese, then top with pickled red onions, jalapeños, cilantro, avocado, lime wedges and drizzle with cilantro avocado dressing. Enjoy!

Nutrition- 12 servings

Calories: 230kcal | Carbohydrates: 16g | Protein: 18g | Fat: 10g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.003g | Cholesterol: 101mg | Sodium: 371mg | Potassium: 272mg | Fiber: 5g | Sugar: 1g | Vitamin A: 259IU | Vitamin C: 3mg | Calcium: 107mg | Iron: 1mg

**There are a few winter hats
left!**

**Stay warm- look cool- support
your gym!**

\$25



CHAOS CLASS #1

So much FUN and SWEAT!!!

10 of us kicking ass on
Sunday morning!

If you missed it keep your eyes open—
there will be another one around the
corner

