

NEWSLETTER

FEBRUARY

FEBRUARY BIRTHDAYS

Barbara Austin	Feb 3rd
Ryan Rytlewski	Feb 3rd
Greg Rayome	Feb 4th
Megan Thompson	Feb 10th
Ana Paloalto	Feb 13th
Annalyse Heinrich	Feb 17th
Donna Strong	Feb 17th
Kristi Presch	Feb 18th
Debra Weber	Feb 22nd
Michelle Demmer	Feb 26th



AT HEALTH & FITNESS



Saturday February 15th & 22nd

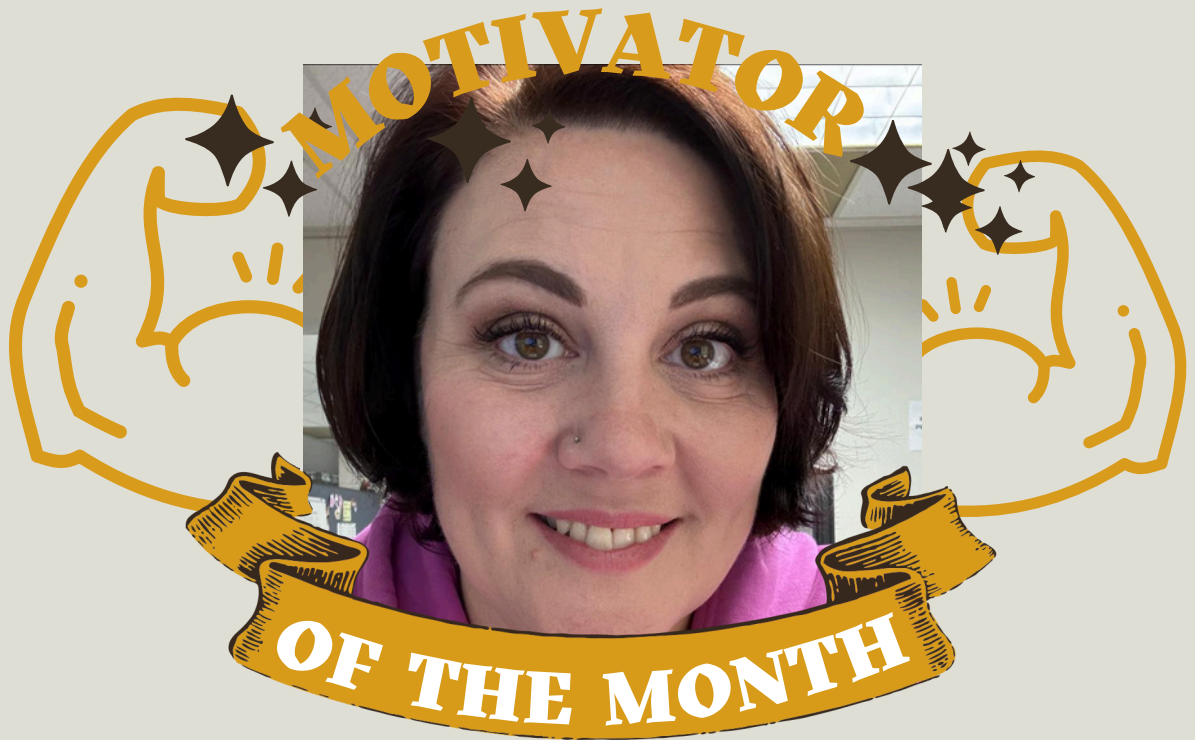
8:30-11:30 am

It's coming SOON!!

Who is ready to lift some BIG weights???

**These are the days you will have the chance to
earn your shirt!**

**Shoot for #400, #600, #750 or #1000 lb total
of deadlift, back squat and bench press**



Congrats Barbara Austin!

Hi everyone! I am deeply humbled to be chosen as the member of the month. I am a mom first and foremost, but I also enjoy the outdoors. I really like taking walks thru the woods, camping and even though I haven't done it in a very long time, I really love fishing! I'm excited to learn to hunt this year also.

In HS I was on the cross country team and ran daily. After school, like most of us, activity took a back seat to life and family. Now, years later my weight and fitness has gotten way out of hand, and I was very unhappy with what I saw in the mirror. My health started to become affected by my unhealthy habits. In 6 months I had gained 50 lbs, was diagnosed first with thyroid issues then prediabetes. I knew now was the time. I had tried numerous diets- Noom, Slim Fast, walks, Planet Fitness even Ozempic. Nothing worked, or it caused so much discomfort (Ozempic IYKYK) that I didn't stick with it.

When I saw the FB ad for the 6 week challenge I sent my info in and met with Tammy. Almost 4 months later I am down over 30 pounds! Something I know I would not have accomplished without the incredible and unwavering support and encouragement from everyone in this gym family! Can't forget to thank Josh for joining me here.

I am so grateful for all of you and can't wait to see how far this wellness journey will take us!

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

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

\$25



YOGA

Sunday Feb 9th 9:30 am

Sign up here

OR pay the day of-
I just need a head count!!



We will make sure the gym isnt too cold!



BURGER BOWLS

4 servings

Cal 324

Pro 28g

Fat 12 g

Carbs 26g



For the meat:

1 lb 93/7 ground beef

season to taste with salt, pepper, onion powder & garlic powder

For the salad:

As much as you want of lettuce, tomatoes, pickles, red onion

For the special sauce:

1/4 c light mayo

1 T ketchup

1 t mustard

1 T pickle juice and or pickle relish

onion powder, garlic powder, paprika

Brown beef with seasonings. As it cooks make sauce and salad.

Throw meat on greens, throw sauce on top!

When I make this I use more meat and add a little low fat shredded cheese!

NEW

CREATINE

Finally available!!!!

Priced at \$29!!!!

In February buy a Watermelon Pre or Intra
and get
a **FREE Creatine!!!!!!**

Improves strength & power, muscle growth, and endurance & performance especially during high-intensity workouts

Speeds up recovery & reduces soreness

Improves cognitive function such as enhanced mental clarity, focus, and reaction time

PRESTIGELABS

NEW PRODUCT ALERT!

CREATINE MONOHYDRATE

STRENGTH YOU CAN FEEL, RESULTS YOU CAN TRUST!
NOW OFFICIALLY AVAILABLE!

SHOP NOW

PRESTIGELABS
CREATINE MONOHYDRATE
5G OF MICRONIZED CREATINE MONOHYDRATE
30 SERVINGS | DIETARY SUPPLEMENT
NET WT. 150G (5.29 OZ.)

Creatine **Myths** vs **Facts!**

Doesn't creatine make you bloated or hold water?

Creatine actually pulls water into your **MUSCLES**- this gives you the look of poppin muscles!



What if I forgot to take it?

Timing doesn't matter at all! Just get in the habit of taking it consistently

I heard it damages your kidneys and liver?

Creatine has been the most studied supplement. It is one of the most effective supplements with **NO** harm to the kidneys or liver

Will I lose all my gains if I stop taking it?

Nope! Strength will stay as long as you keep training consistently!

I thought it was just for body builders?

HECK NO! It should be a staple for everyone! Wanna lift more? Have more endurance? Think sharper? Help depression? **TAKE** your creatine!!!

Red Carpet PARTY

Friday Feb 21st 5:00 pm

Show off our hard work by dressing in our formal attire

Food,, drinks, fun



Prizes awarded to best before and after picture, most weight lost, and most points (must be present to win)

Appetizer cook off!!!!

Bring your best app to the Red Carpet Party!

We will vote to determine the best!

Winner gets a gift basket valued at \$200



YES- We will be doing the 2025

Crossfit open workouts!!!

**-these will take place Fridays during
class**

2025
~~CrossFit~~
OPEN

Check ins.....

Please be respectful of our time and the time of others
who would like to get in!

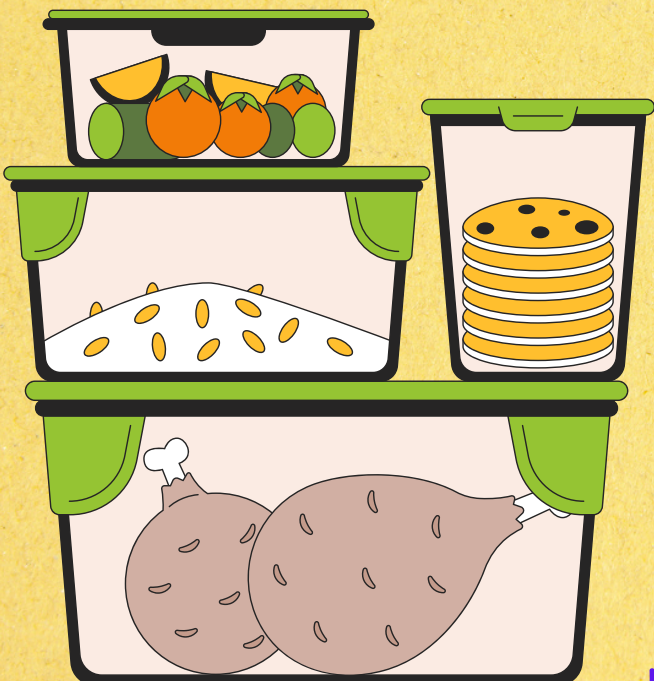
If you can not make a check in please send a quick
message to let us know.

Your scheduled check ins show up in appointments in
your Zen Planner app!

We have had several No Shows and will now be charging
\$30 for missing a check-in

Would you like a “buddy” to
exchange prepped meals with?

If you are bored with
your meal prep- we
will pair you with
another member with
same goals to
exchange prepped
meals with!!



Message Tammy for more info!