

NEWSLETTER



MARCH BIRTHDAYS

Karyssa Gundrum	March 3rd
Maddex Woody	March 3rd
Craig Biesik	March 8th
Susan Switzer	March 11th
Sara Ponejolic	March 17th
Brett Wickmann	March 26th
Bryan Behn	March 28th



March

SUPPLEMENT

SPECIALS

Strength Accelerator
Package

25% off

Protein, Creatine
and Recovery

Save over \$40

Maximum
Strength
Gains



AT HEALTH & FITNESS



Congrats to those who have made the club?

Annalyse Heinrich #520

Brianne Hansen #520

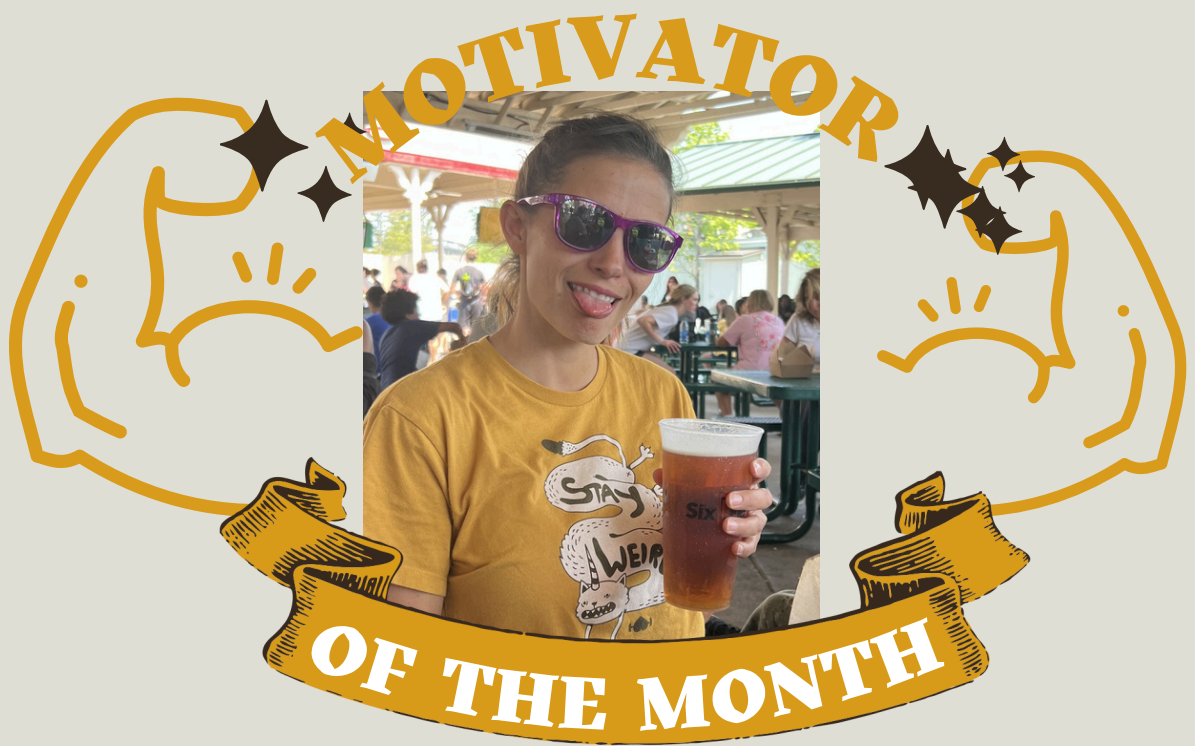
Maddex Hulse #535

Mike Giroux #750

Corey Weidemeyer #795

Derrick Schraufnagel #885

BJ Sauer #1055



Congrats Amber Woody!

Hi! I'm Amber. I've been around A1 on and off for about 6 years now. I first started my journey after the birth of my 6th baby in 2019. Finding myself tired, worn down and in need of community, this place has introduced me to some of the most kind and supportive people in my life! A journey that I am so happy to be on and look forward to continue to grow in. My children have adored this place and I can not wait to see more of them in the gym finding their strength and endurance next to everyone. Thanks for all the support and kindness, now I need to make some playlists for this month!

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

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

\$25



YOGA

Sunday March 23rd 10:00 am

Sign up here

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



We will make sure the gym isnt too cold!

MARCH MADNESS TEAM COMPETITION

Class Attended = 1 Point

Class Finisher Completed = 1 Point

Pop-Up Challenge Attempted = 1 Point

Pop-Up Challenge Completed = 2 Points

1 Referral = 10 Points

Purchased Supplements = 3 Points Each

***** every gym member is on a team!! See roster at
gym**

**Prizes for winning individual and for
winning team**

**March 28th winning team outing!
Time and placd TBD**

Spring Strength Session

Starting March 19th runs 8 weeks

Focus is progressively adding strength on
back squat, overhead press, deadlift and
bench press

This class will PEAK in line with the next
#1000 pound club

[sign_up_here](#)



GREEK YOGURT CHICKEN SALAD

Protein: ~40g | Carbs: ~30g | Fats: ~8g

High-protein twist on a classic.

1 lb Shredded chicken breast

1 c Plain Greek yogurt

1 Tbs Dijon mustard

1/4 c diced celery & red onion

Optional: almonds or apples for crunch

Mix together. Serve in a wrap, with crackers, or in lettuce cups

Pro Tip: Add grapes or cranberries if you like a sweeter salad- just be sure to track!

***using macro math-
who can tell me how
mant calories are in
this?**



Strong and Lean starts in the Kitchen

4 tips for meal prep and tracking

1. Track what you eat! knowledge is power. Are you really getting enough protein? Are your serving sizes correct- use your scale!
2. Meal Prep= less stress. It doesnt have to be fancy- just ready to grab.
 - Pick 2-3 proteins, like chicken, ground turkey, or eggs.
 - Roast a pan of veggies.
 - Portion snacks, like yogurt and fruit.
3. Have a plan!
 - Get at least 30 grams of protein at each meal.
 - Have half a plate of veggies.
 - Carbs around work outs.
4. SET UP A CHECK IN!! Alex, Tammy, and Jen are right here to help you with all this and more.

