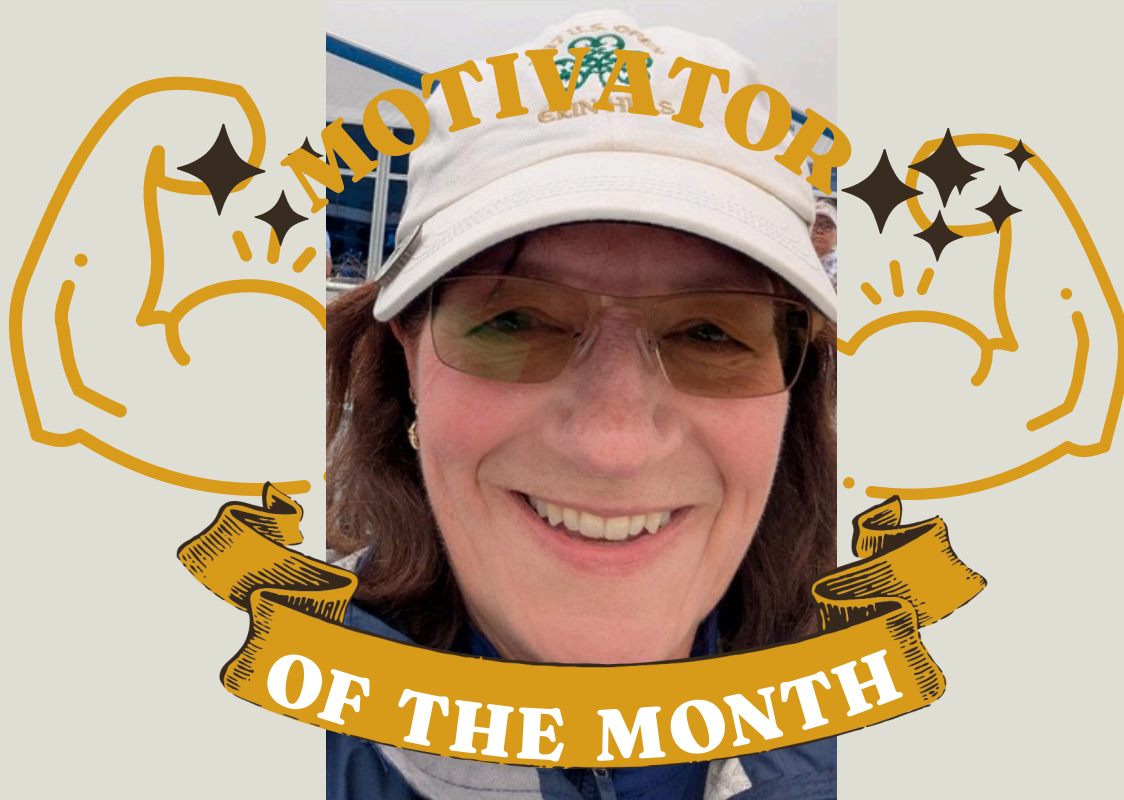


# NEWSLETTER

## JULY BIRTHDAYS

|                |           |
|----------------|-----------|
| Matt Retzlaff  | July 1st  |
| Susan Heftner  | July 4th  |
| Chad Karls     | July 4th  |
| Ryan Loeper    | July 7th  |
| Andrew Kasik   | July 8th  |
| Kevin Pretsch  | July 9th  |
| Chris Pierson  | July 11th |
| Tammie Emery   | July 20th |
| Carly Groth    | July 22nd |
| Stephanie Bock | July 23rd |
| Greg Lorenz    | July 27th |
| Liz Dreher     | July 30th |





## Congrats Donna Strong!

Surprised to be selected as Member of the Month! I've been a member for about 10 months. Surprised by a few things like making it through the 6 Week Challenge, 6 months of classes and over 100 classes! My "why" for joining A1 Fitness was that last September was feeling very 'depleted'. No energy, lack of endurance, weakening balance and strength. I have always been athletic but at 63 felt that I needed help with my physical health and nutrition. What I didn't realize at the time was how much the A1 community would help my mental health. My 6 am class members and coaches have helped me through some rough times of extreme grief. I lost my husband to Pancreatic cancer very suddenly in November 2023. Everyone has been extremely supportive both emotionally and physically. Making connections with members and coaches help to keep me looking forward and getting stronger. Small wins during class translate to better balance and strength in my life. I'm extremely grateful for all of the encouragement, advice and support that I have received from my new community at A1!

# One of our favorite 9:30 peeps Judy Steffes is doing some pretty cool stuff!!



CHECK  
IT OUT  
↓

I'm flying to Salt Lake City to start my annual bicycle tour and this year the tour is focused on local speed skater Jordan Stolz.

I've been solo touring the past 30 years and telling stories about my adventures, the people I meet and seeing the country from a bike.

The 2026 Winter Olympics are just around the corner. Jordan is 21 and has a great chance at gold.

He's from Kewaskum, which doesn't even have a skating rink.

I've covered Jordan's races the past few years.

I normally have a destination goal and then pedal home, which helps as I document my journey at [theBikeWriter.com](http://theBikeWriter.com).

This year I'm touring the Olympic Training Rink, meeting some Olympians and pedaling home.

I joined A1 Health & Fitness in November 2024 because at 61, I knew I needed to be stronger - especially with the challenging terrain ahead.

I love how the classes really push me to be my best, the coaches encouragement and team atmosphere.

It was like when I was training for marathons. I put in the hard work so when it does get tough I can reflect on the fact I put in tons of time and it gives me confidence to push through.

I feel the best physically I've ever felt heading into this tour and A1 Fitness is the reason. Mentally I'm strong too because the atmosphere is so positive at A1 and people who come to the classes are great motivators. It feels like I'm on a team again and coming to A1 is always the best part of my day.



### Some sidebar facts about the tour:

- I carry my gear which is about 80 pounds and includes 1 pair of shoes, 2 biking shorts, 2 jerseys, a jacket, spandex pants, bike repair and spare tubes and a tire, toiletries, electronics, camping gear
- Last year Wichita, KS to Wi was 969 mi and i finished in 16 days, no flats. (That's an anomaly)
- This year it's about 1500 mi and I expect it will take me around 24 days.
- Mother Nature plays a huge part in daily miles. I try to average about 75 mi a day. 50 is fine. 135 mi is my longest - plus I had a HUGE tailwind.
- I travel on a thin dime and normally seek out churches to let me sleep on a floor. I carry a tent, sleeping bag and air mattress- but I've seriously aged out of camping.
- So many times when I start asking for church connections people just take me home, like Im a lost puppy. I love it. I get spoiled and I meet new friends. Im also able to tell their story. People's No. 1 favorite topic is themselves.
- I have no idea what community Im going to be in at the end of the day. No reservations. It's great adventure.
- People asked if I'm scared. The media plants that horrible seed. I travel smart, don't go out at night (plus I'm too tired) and I travel with great faith and a little bit of pepper spray.

# SUMMER SLAM



## WHAT IS SUMMER SLAM?

TEAM CHALLENGE- EVERY POINT YOU EARN HELPS YOUR TEAM AND IS ANOTHER CHANCE FOR YOU TO WIN AN INDIVIDUAL PRIZES\$



WIN POINTS BY COMING TO CLASS, DOING FINISHERS AND POP UP CHALLENGES, REFERRING FRIENDS, AND BUYING SUPPLEMENTS



END OF CHALLENGE LAKE PARTY! WINNING TEAM WILL THROW PIES AT THEIR FAVORITE OR LEAST FAVORITE COACH



# Whey Drip Bowls!!

High protein- Crunchy- Breakfast, Lunch. or Snack!

## Ingredients:

### Base

$\frac{3}{4}$  c (150g) non fat greek yogurt

$\frac{1}{2}$  (60g) banana- or fruit of choice

$\frac{1}{2}$  c (15g) cheerios, rice krispies, or another cereal

1TBSP (16g) almond or peanut butter (drippy is best!)

### Protein Drip

1 scoop (30g) pro powder

1 TBSP (20-30g) cold water (or milk)- make drizzle consistency



## Instructions:

Add yogurt to bowl, top with fruit, cereal, and almond butter.

In separate bowl make protein drizzle. Slowly add water to powder until thick and smooth like icing

Drizzle over your bowl

\*be creative add whatever toppings you like! Just be sure to adjust macros!

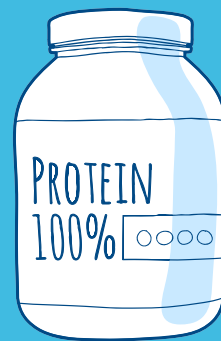
Approx macros using cheerios, nonfat greek yogurt, and vanilla prestige labs protein

Calories- 430

Protein- 38

Carbs- 33

Fat- 12





**There will be no  
classes on July 4th**

**We will have all  
classes Thursday!**

**SAMPLE PROTEIN PACKS**

- wanna try a new flavor?
- easy to travel with
- forgot yours at home?



**PRESTIGE FUEL**

WHEY PROTEIN BLEND  
VANILLA ICE CREAM

Natural and Artificial Flavors

**We will now have samples in  
vending machine!**

# KICKBALL

Saturday July 19<sup>th</sup> 3:00 pm  
600 Rolfs Ave West Bend  
\*right next to The Threshold



## Summer Slam PARTY

August 30th 3:00  
Winning team will be announced



**PARTY**  
time!



# **I've been doing this "Fitness" thing a LONG time! Here are 5 things I wish I knew at the beginning**

**1- Eat breakfast- especially as a woman. This keeps our bodies running efficiently and we likely won't binge later or have to catch up on protein.**

**2- Our muscles grow when we rest! Workouts are breaking us down. Resting is when we are rebuilding.**

**3- Walking (general movement) is so underrated. It's free, it doesn't stress the body, and helps us recover from lifting.**

**4- No one cares or remembers how much weight you have on the bar. They do remember your drive and dedication.**

**5- Call yourself out on your excuses! Most people have excuses to not eat right or not go to the gym. I actually make excuses why I HAVE to go to the gym (my body really prob would be happier with more rest). We know what to do - Just do it!**

# July Supplement Sale

Buy two get a FREE  
Collagen!

Pre work out and Recovery

OR

Recovery and Recovery

OR

Pre work out and Pre work out

FREE

