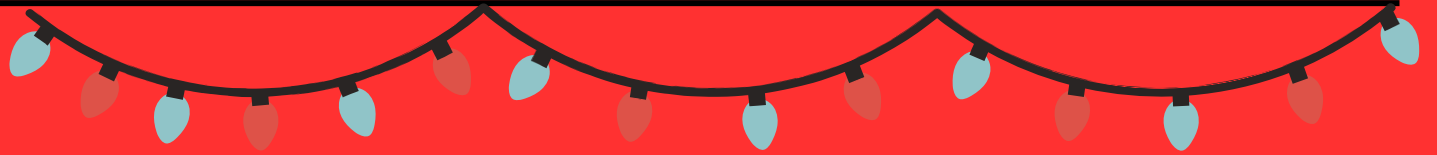


NEWSLETTER



Cody Huffman

Dec 5th

Marcia Lange

Dec 7th

Derrick Schraufnagel

Dec 14th

Grant Moore

Dec 15th

Amanda Burns

Dec 16th

Jon Lorge

Dec 16th

Jen Fullhart

Dec 19th

Nick Moebius

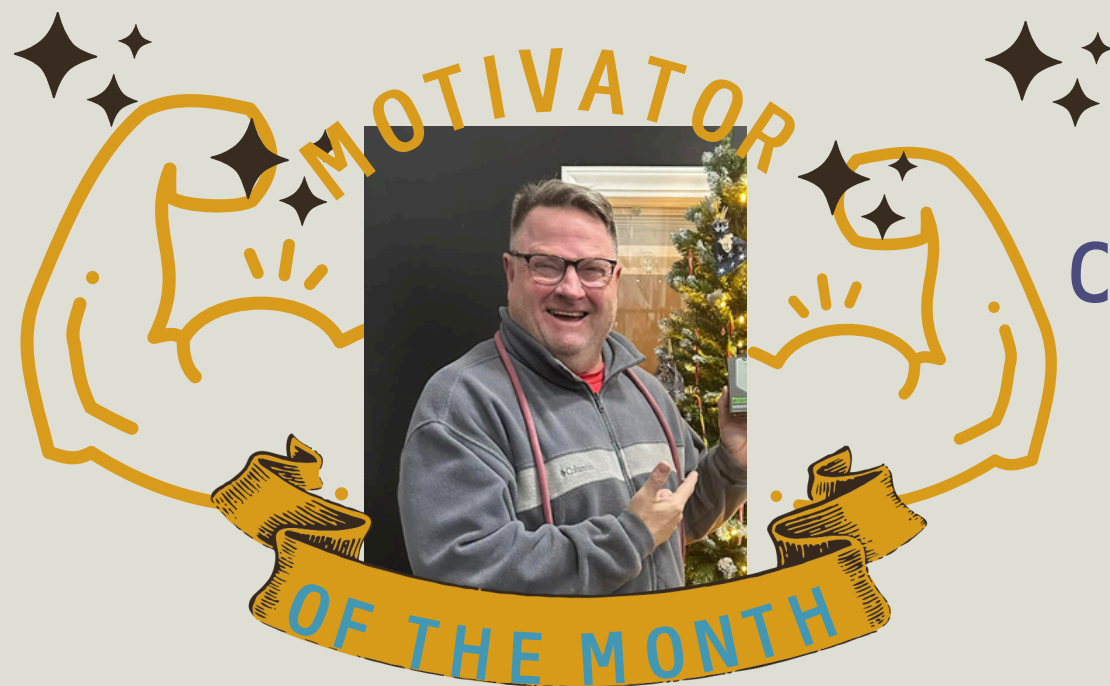
Dec 19th

Karla Cortes

Dec 22nd

Happy Birthday





**Congrats Andy
Kasik!**

Wow...where do I even begin? Hard to believe it's been almost three years since my rookie debut at A1. Before that, life was throwing punches—between losing my mom and then my brother, all within a year. It felt like I'd been through a heavyweight bout with no bell in sight. The gym became my escape—where I could just be with headphones on and nobody else around. Solo workouts were my specialty. I could move weights, but there was something missing—besides a proper warm-up, obviously. I couldn't quite put my finger on it, but I noticed that the heavier the weights got, the heavier my negative self-talk became. Patience with my wife and kids ran out faster than pre-workout on sale day, and let's just say I was not in the best headspace and no fun to be around. Cue the existential question: What am I going to do for myself? (Spoiler alert: The answer was not "eat more carbs.") Then, one day while scrolling, the fabled six-week challenge ad appeared—almost as if my phone knew I needed a nudge. I live nearby and have always been curious about CrossFit and the mysterious world of "functional training." Little did I know it would be my first wild ride into group workouts. Holy cow...talk about a plot twist. Suddenly, I was held accountable by more than just my Apple watch.

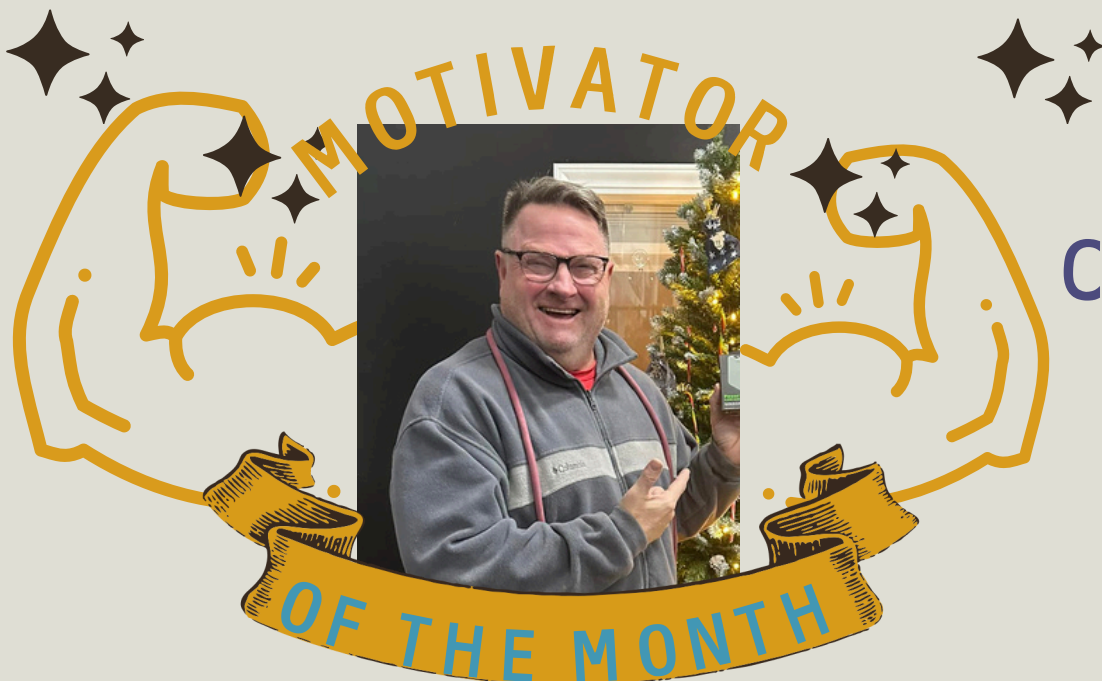
In those early days, I'd miss a morning here or there, but those gentle reminder emails always found me: "Hope you are doing well, and it's been awhile since we've seen you! In fact, we haven't seen you since...." Gradually, as I got comfortable with the 5:00 a.m. crew, magic happened. The workouts morphed from "me" to "we"—which is much more impressive than just adding an extra squat or two.

It's less about guilt and more about showing up (and waking up—coffee optional) with a group of slightly deranged individuals, united by questionable choices like burpees before sunrise. My 5:00 a.m. squad really does put the "fun" in "dysfunctional"!

From day one, the camaraderie in this crew has been unmatched and is honestly what drags me out of bed before most people even consider hitting snooze. Our legendary stories—like the epic Thanksgiving mishap involving 100 pounds of potatoes "because my husband likes them," or the ongoing debate over whether Cinnamon (with an "S") is a real name or a fitness challenge—are moments you just have to be there to understand!

Now, as I inch closer to my sixth decade, I don't have to search for what keeps me in shape. A1 is my home base. Big thanks to Tammy, Jen, Alex, Coach Kinsley, and—of course—my fellow 5 a.m.-ers!

You all make mornings simultaneously painful and hilarious. Wouldn't trade it for anything!



**Congrats Andy
Kasik!**

3 Ingredient Air Fryer Bagels

Ingredients:

- 1 cup non fat greek yogurt
- 1 cup self rising flour
- 1 egg white beaten



Directions:

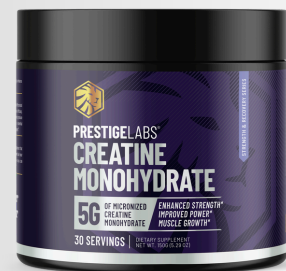
- 1- Mix flour and yogurt- should be crumbly
- 2- Lightly dust counter or cutting board with flour. Knead until dough becomes tacky.
- 3- Divide dough into 4 balls. Poke a hole in the middle and stretch into a circular shape.
- 4- Brush tops with beaten egg white and sprinkle with seasoning or topping of choice,
- 5- Heat air fryer to 280 degrees. Place bagels in basket- give them room to rise (may have to cook in batches). Cook 15 minutes or until browned.

*If you dont have an air fryer, use oven at 375 degrees for 25 minutes

Calories	140
Protein	10g
Carbs	22g
Fat	1g

December Supplement Sale

Buy Intra/Recovery or Pre Workout get a FREE Creatine



or



15 DAYS OF CHRISTMAS

The Gym Santa left gifts!!!!

Starting Monday Dec 8th
coaches will hand out two
gifts on Monday/Wednesday/
Friday to random and one gift
on
Tuesday/Thursday/Saturday



1000 Pound Club

750, 600, or 400# total

Saturday Dec 6th and 13th 9:00 am



Bench Press, Deadlift, and
Squat total

ROW-A-THON

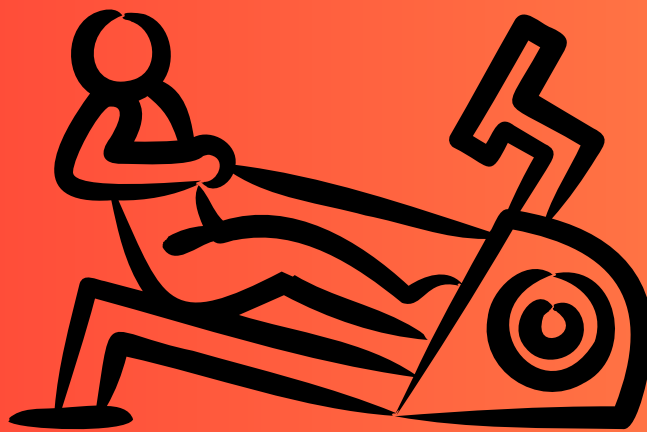
Sat Dec 20th 8:00 am

Teams of 2-3

All money raised will go to
American Foundation of Suicide
Prevention

[fundraising_page](#)

[sign up to row](#)



Things that as a coach are sometimes hard to say and as a member are hard to hear

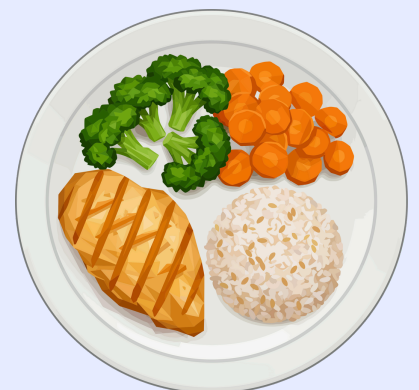
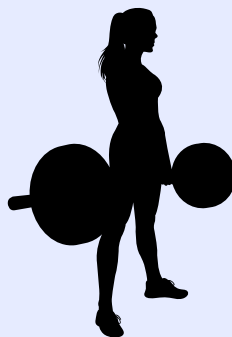
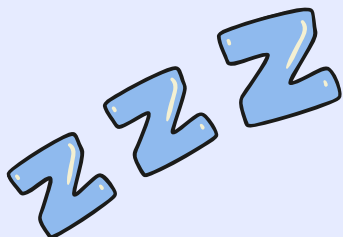


1- If you are not losing weight, you are not in a calorie deficit. There is no arguing it. Something is being miscounted, underestimated or ignored.

2- You have excuses for everything! Start replacing those excuses with "its not a priority". If it's a priority- just do it!

3- You lack consistency. Results take longer than you'd like. Repeatedly do the right things (classes, movement, tracking, protein....) until its a habit. Not showing up will get you no where.

4- Stop worrying about the little things, like cleanses, fasting, cortisol, seed oils, food dyes..... do whats important. Move, lift sleep eat your protien, hit your calorie goal.



HOLIDAY PARTY!!!!!!

Sat Dec 20th after Row-A-Thon

**Dooleys for Brunch, Fun, and Holiday Hustle
Awards!**

**\$10 for anyone NOT participating in
Row-A-Thon**

Bring your spouse or significant other!

**We need a headcount asap- so RSVP to a
coach and or sign up at gym**

