

NEWSLETTER

JANUARY

Happy Birthday

Ruth Gostomski

Jan 1st

Aimee Wiedmeyer

Jan 2nd

Jared Walters

Jan 3rd

Adam Demmer

Jan 6th

Tracie Seer

Jan 6th

Mary Balzar

Jan 7th

Ryan Schneeberger

Jan 7th

Sue Warnkey

Jan 9th

Brett Ponejolic

Jan 18th

Dave Barby

Jan 19th

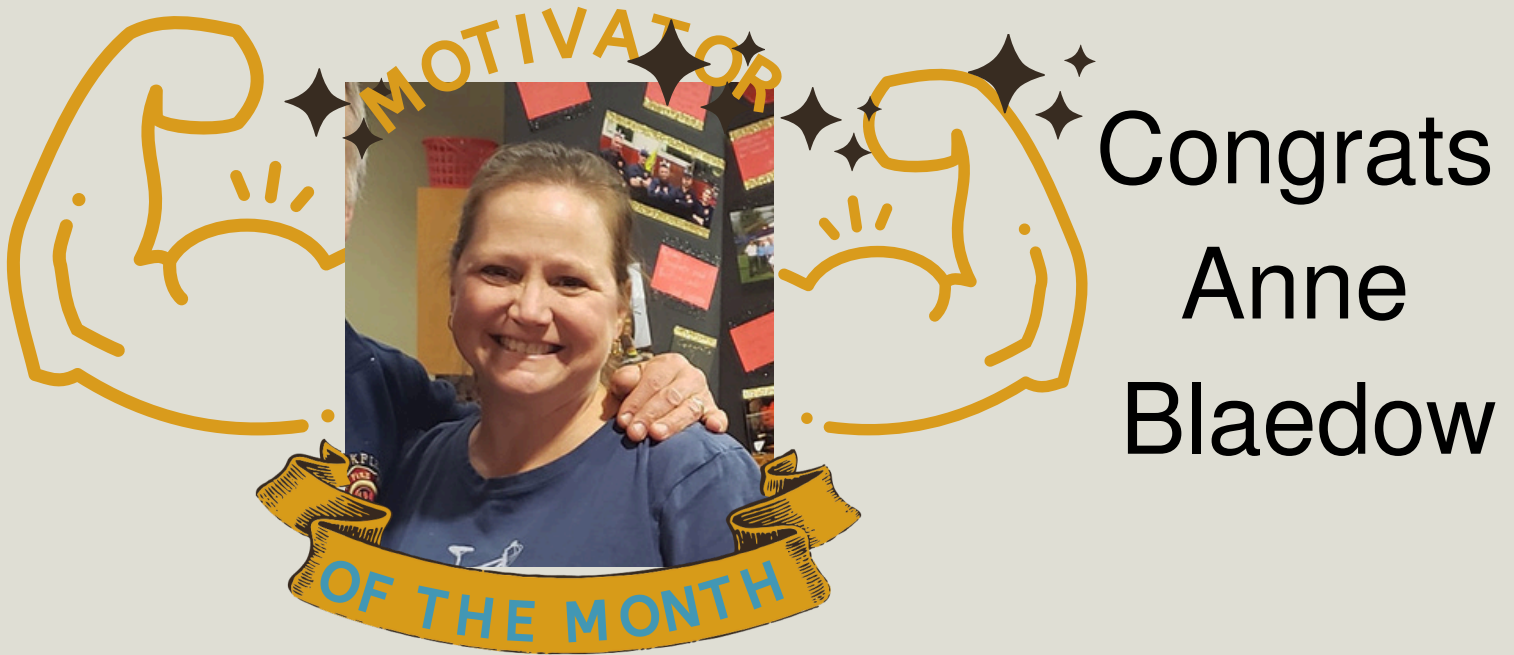
Pam Williams

Jan 27th

Jason Gostomski

Jan 28th





Congrats
Anne
Blaedow

Change is the one thing in life that never takes a day off. We can fear it, embrace it, or chase it—and sometimes it arrives all at once, asking us to rise to the moment.

Before 2020, my life felt steady and familiar. I was a classroom teacher for 20 years, a mom of three adult children, and a recent breast cancer survivor. Then everything shifted. I retired from teaching, my husband retired from the Brookfield Fire Department, we sold the home we had lived in for 28 years, moved to West Bend, and took over my mom’s company so she could retire. In a short span of time, we weren’t just turning a page—we were beginning an entirely new chapter.

With that change came stress, sacrifice, and growth—but also opportunity. One unexpected loss was my fitness community, something I hadn’t realized was so vital to my well-being until it was gone.

I knew I needed to be intentional about taking care of myself. I needed “me time,” a new community, and people who would encourage me to stay committed. At 56, prioritizing my health wasn’t a luxury—it was a necessity. And I knew I wouldn’t find motivation alone. I needed connection, accountability, and encouragement.

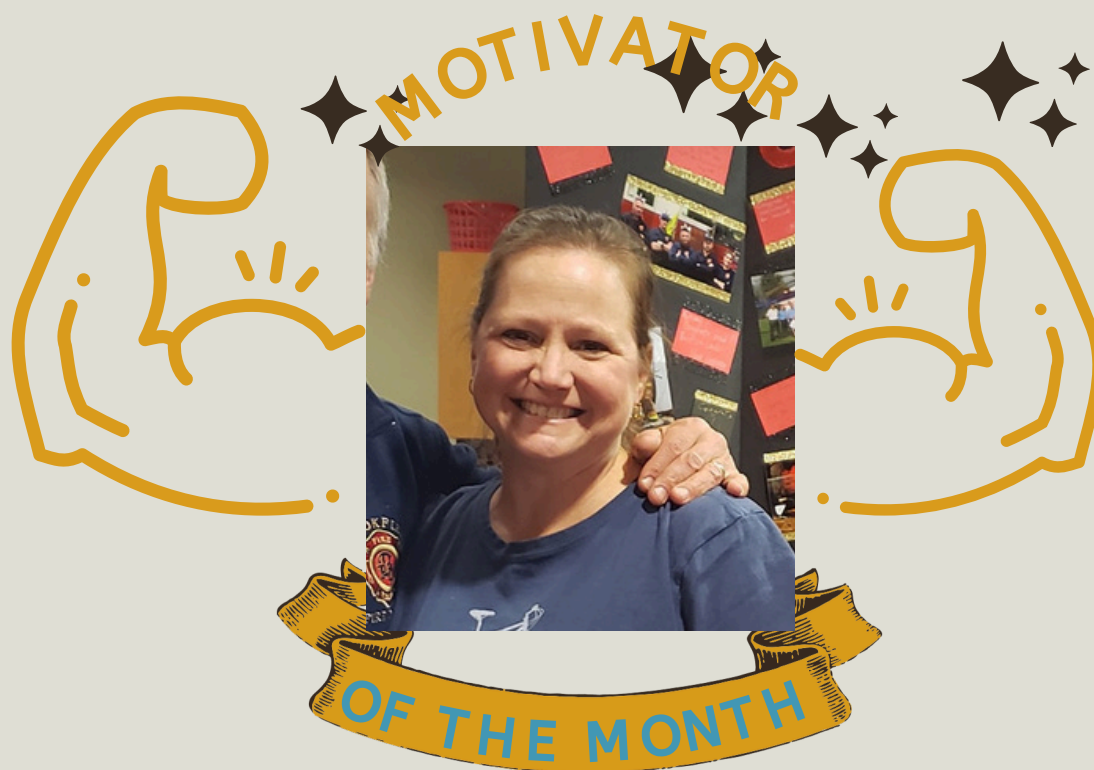
Ski season was approaching, and as a volunteer ski patroller for over 40 years, I knew staying strong mattered. I plan to ski well into my 80s. I love moguls and mountains, and both demand strength, balance, and endurance—things that don't come from a desk job. Ski Patrol has always been a community of passionate, service-minded people who support others in enjoying the sport we love. To continue doing what I love, I knew I needed to recommit to my physical strength.

In September 2024, I took the leap and joined A1 Fitness. The biggest question was simple: When could I fit it in?

The answer was the 5:00 a.m. class—meaning a 4:30 a.m. alarm. It was a bold choice, but one that quickly proved to be exactly what I needed.

At first, free weightlifting felt intimidating, and the fear of injury was very real. But with the guidance and encouragement of knowledgeable instructors who emphasize proper form and progress, I've been able to build strength and confidence safely. What once felt overwhelming now feels empowering.

This experience has reminded me that starting over isn't something to fear. With the proper support, encouragement, and community, it can be one of the most rewarding decisions we make. Growth often begins with a single step—even if that step happens before sunrise.



High Protein Taco Soup

Soup season is HERE!!!!!!



Ingredients:

- 1 pound lean ground beef or turkey
- 1 can black beans
- 1 can pinto beans
- 1 can diced tomatoes
- 1 cup chicken or beef bone broth
- 1 pack taco seasoning OR 1tbsp chili powder + 1tsp cumin + ½ tsp garlic powder
- 1 cup frozen corn (optional)
- 1/2-1 cup plain nonfat Greek yogurt (stir in at end for protein boost and creaminess)

Optional toppings:

keep these macro friendly- extra greek yogurt, reduced fat cheese, avocado slices, fresh cilantro, salsa

Instructions:

Brown ground beef- drain fat

Add taco seasoning, beans, tomatoes, corn, and broth

Bring heat up to medium and cook for 15 minutes

turn to low and mix in yogurt before serving

*This can also be done in a slow cooker- add ingredients and cook on low until you are ready to eat!



Macros (approximate)

Calories 350

Protein 39

Carbs 31

Fat 7

January

Supplement Sale

SUPER SALE

Buy any flavor

Intra/Recovery get 50%
off any flavor Protein

50% OFF

BUY



Fit For Kids

The Lakeshore Child advocacy center for our area is hosting a work out to support children affected by abuse and violence.



Many local gyms will all be doing the same work out this day! Mark your calendars for 2/7/26, this WILL be replacing the normal Saturday morning class so please plan accordingly.

Cost

ELLIOT

(this will have scalable options)

\$40 Work out and
Crop top or T-shirt
\$25 just work out

FOR TIME:

21 DB Front Squat

21 Pull-Ups

21 Burpee

21 Calorie Row

15 DB Front Squat

15 C2B Pull-Ups

15 Burpee Deadlift

15 Calorie Row

sign up here





What's Really Holding You Back From Progress?

Likely it's the stories you are telling yourself- here are a few I hear often

- “I don’t have the motivation.” If we only worked on our health when we were motivated, we would never move forward. Create habits!!
- “I’m too old.” No matter our age, things like sleep, movement, protein intake, and strength training will always help us progress
- “I don’t have time.” Replace “I don’t have time” with “it’s not a priority.” We always have time for things that are important to us
- “I’ll start when life calms down.” Life never calms down. If you can get it together when life is busy, you can do it absolutely anytime!



Call yourself out on your excuses!!

January Fun!!!

January is long cold boring month

This is how we are going to add some FUN!

January 5th - 10th COLOR WEEK

Monday wear BLACK

Tuesday wear BLUE

Wednesday wear PINK (obv)

Thursday wear GREY

Friday wear RED

Saturday wear YELLOW

Jan 19th - 24th Theme week

Monday - Mismatch Monday

Tuesday - Team Tuesday

Wednesday - Western Wednesday

Thursday - Thirsty Thursday

Friday - Fall back asleep Friday

Saturday - Stripes Saturday

What's coming soon?



In February, we will focus on building STRENGTH
HOW??

In week one, we will each determine how much we can lift for one rep. If you can do two reps- that is NOT your one rep. Be ready to lift heavy:).

Over the next 7 weeks, we will work from percentages of this one rep number. That means we have to REMEMBER our one rep number. We will record this in Zen Planner and keep a clipboard at the gym with this number.

How will this affect classes?

Monday will be day 1, Tuesday and Wednesday will be day 2, Thursday and Friday will be day 3. Day 1 will always be the same strength movement aka Bench Press. Day 2 will be a different strength movement (Back Squat) and Day 3 will a third movement. These 3 movements will be repeated on their specific days with different accessory lifts.

WHY??

When we first begin weight training, strength gains are rapid. After a while, it takes consistency and progression- which this program is all about!

Muscle is how we burn calories at rest and what gives us that lean, toned look!!



LETS GET STRONG!!!!

Red Carpet Challenge

February 2nd - February 28th

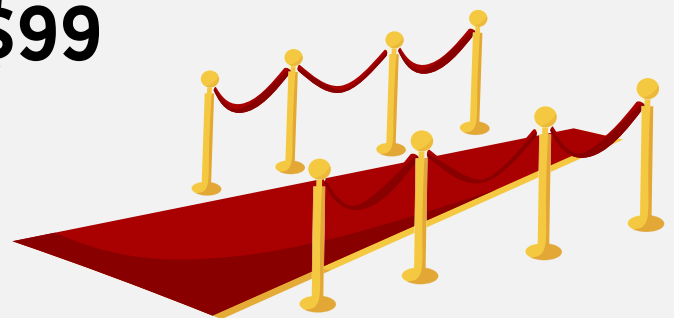
FREE for all members to get "Red Carpet Ready" in just 4 weeks!

Just like other weight loss challenges- everyone will need before/after pictures and a pre-challenge check-in where we will get a current inBody and help you figure out how to make YOU be your best

PRIZES will be phenomenal as always!!

Red Carpet Party- where we dress in our finest and show off our hard work! Date TBD

BEST PART- Bring a friend for free the week of Jan 26th and they can join the challenge for \$99



2026 CrossFit Open

The Open is a worldwide, multi-week event for all levels. It's a time to push yourself a little harder and have fun being part of the community!

When? Feb 26th - March 16th

Workouts will be posted on Thursday night, and we will do them during class on Saturday

CrossFit[®]
GAMES | 2026
