

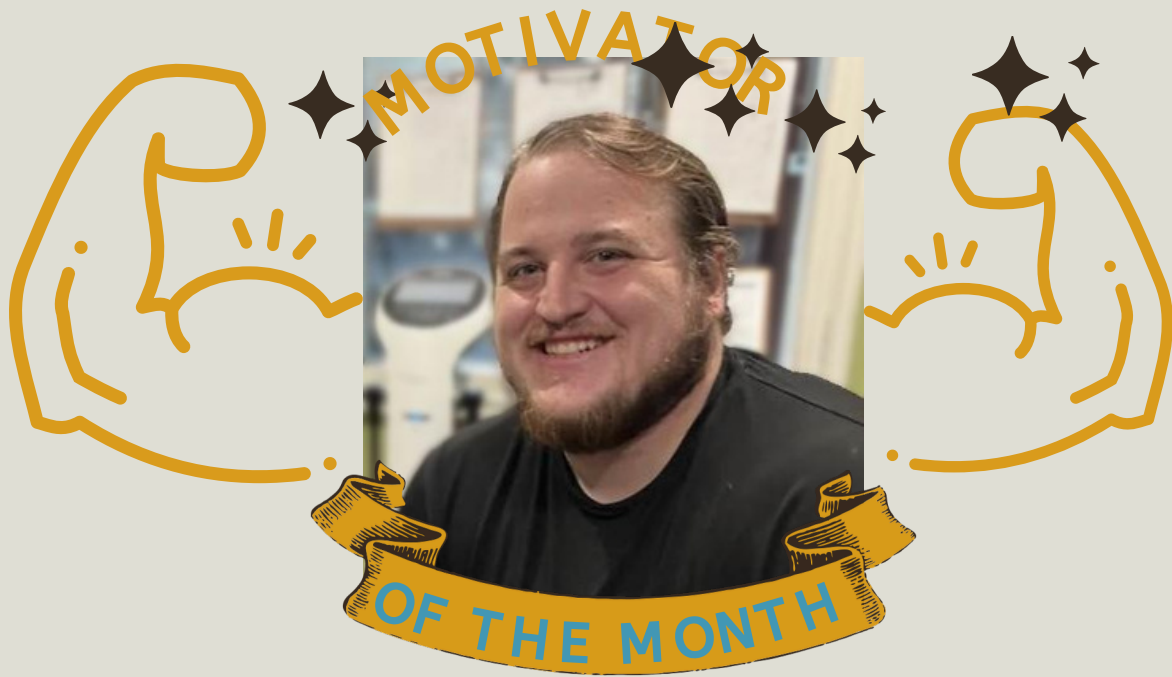
NEWSLETTER

MARCH

Happy Birthday

Taylor Perry	Mar 1st
Craig Bieseck	Mar 8th
Michele Kasik	Mar 9th
Nina Harris	Mar 10th
Susan Switzer	Mar 11th
Brittany Thames	Mar 14th
Kinsley Homuth	Mar 15th
Sara Ponejolic	Mar 17th
Ryan Uecker	Mar 17th
Brett Wickmann	Mar 26th
Bryan Behn	Mar 28th
Emma Melzer	Mar 30th





Congratulations Matthew Fieweger

Before my A1 gym experience I'd go to the gym for a week or two, and then get a few months to a year for rest and recovery.... haha:) I could never keep consistent or committed.

I've been at A1 for 7 months now, thanks to the coaches who have helped me to gain good habits and get into a routine. The workouts are always fun, particularly the weight training. Coaches are always here to give you a little extra push so you don't start slacking.

Thanks to the focus on accountability, I've been a lot better with how I eat and how I go about my day. As someone who's not very outgoing, I was unsure how I'd like classes, since they're in small groups and I have to interact with people. However, seeing everyone trying their best and encouraging each other really helps me to stay locked in and keep on keeping on.

The coaches and everyone in class make it so that waking up at 4:00 in the morning to sweat your ass off feels almost enjoyable!

Chaos Class!!!!

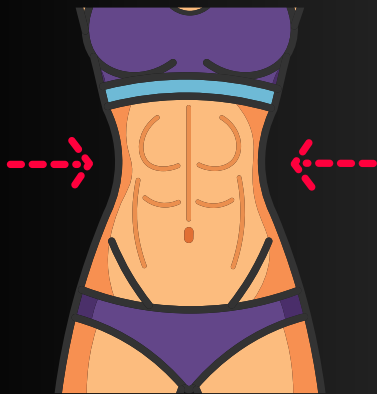
“Butts & Guts”

[Sign up here](#)

Sunday March 22nd

Cost \$40 with tshirt

Sign up on Zen Planner-



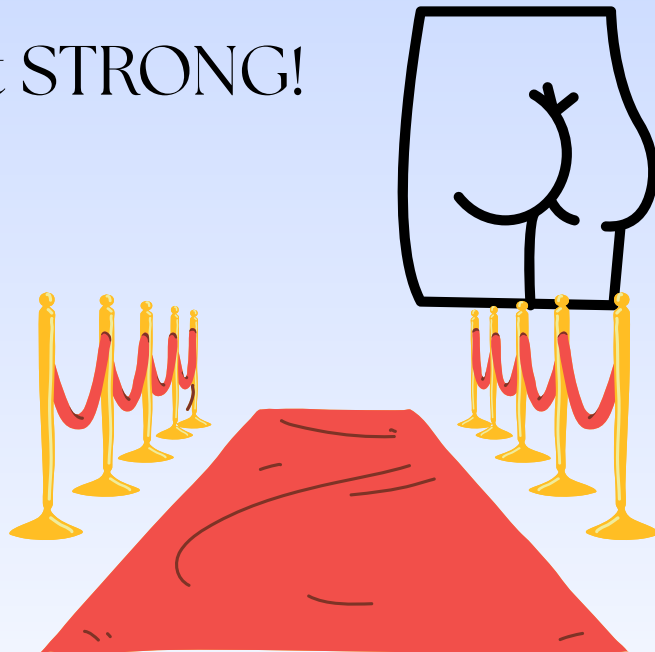
Want more defined abs and
glutes?

Whats coming in March?!

March 7 th	Red Carpet Party
March 16-21 st	Sweaty Selfies \$50/day
March 22 nd	Chaos Classs “Butts and Guts”
March 28 th & April 4 th	#1000 Club (#750/600/400)
March 31	Olympic Lifting Class starts!

** Mondays in March will be Musical Monday- Submit a Spotify playlist to a coach!

** March will also focus on building strength- be ready to get STRONG!



Strength Building in March



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 max. We will record this in Zen Planner and keep a clipboard at the gym with this number.

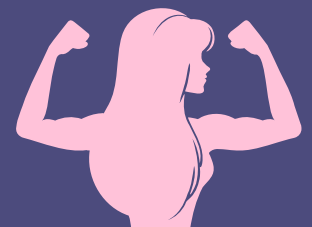
How will this affect classes?

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 be 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!!!!

Olympic Lifting Class!

One of our long time members recently became USAW Level 1 certified and wants to share what he has learned with you!!

This will be 10 sessions over 6 weeks Tuesdays and Thursdays at 6:00am

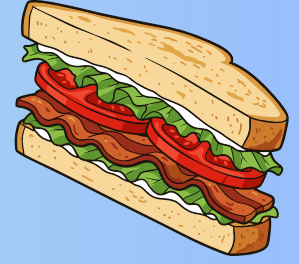
This will be technique focus, with individualized instruction on the snatch and clean and jerk!

Class size is LIMITED TO ONLY 6!

If you can't get in this time we will put you on a waitlist for the next session!!

Sign up on the app at the gym!!

The BLT Problem 🍴



(No... not the sandwich.)

When people tell me, "I don't eat that much." "I track everything." "I barely snack." "I believe them, but then we look at the BLTs.

Bites. Licks. Tastes.

The handful of almonds while cooking dinner- 160 cal

The spoonful of peanut butter straight from the jar-100 calories

The crust from your kid's sandwich- 70 calories

The samples at Costco 50-200 cal

You don't sit down for them. You don't plate them. You don't log them.

But your body logs them.

Do that 5-10 times per day and suddenly you're 300-500 calories over your target — without ever feeling like you "ate more."

That's the difference between:

- Fat loss and maintenance
- Maintenance and weight gain
- Progress and frustration

"But It's Just a Bite..."

Here's the truth:

Your metabolism doesn't care whether it was:

- A structured meal
- A late-night snack
- Or a forkful standing at the counter

It ALL adds up!!



Challenge yourself to count these one day! See if you are sabotaging yourself!

Hot Honey Cottage Cheese Beef Bowl

- 2 small sweet potatoes, baked until soft
- 6 oz lean ground beef (about 170 g) • 1/2 tsp salt
1/2 tsp chili powder or smoked paprika
- 2/3 cup cottage cheese (1/3 cup per potato)
- 1/2 ripe avocado, sliced
- 2-3 tsp hot honey (or honey + chill flakes)

Black pepper to taste • optional: extra chili flakes

How to Make it:

Bake sweet potatoes at 400°F (200°C) for 40-50 minutes, or microwave until soft. Brown the beef in a pan with salt and chili powder, breaking it up as it cooks. Split each sweet potato, fluff the inside with a fork, and season with a pinch of salt and pepper. Spoon hot beef into the center, add a big scoop of cottage cheese, and tuck avocado slices along the side. Drizzle hot honey over the top and finish with extra pepper or chili flakes.



The Ultimate Strength Stack

March Supplement Sale!!

Protein
Pre Workout
Creatine
Energy plus



**20%
OFF**

This stack is everything you need
to optimize your muscle and
strength gains this month!

Buy them all and save \$40

Red Carpet Challenge PARTY



Saturday March 7th
5:00 pm



AWARDS given for
Most weight loss M/F \$350

Runner up gets \$150

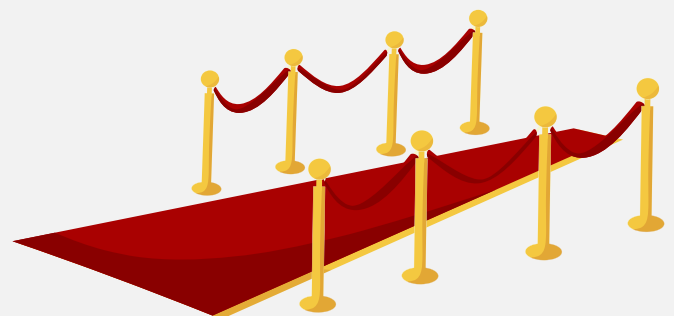
Best before and after pictures M/F \$350

Runner up gets \$150

Most points winner: 6 Brewers tickets

Dress in your fanciest Red carpet attire

Bring your favorite chili to share-
BEST chili wins a
Ninja creami and bag of protein



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
