

NEWSLETTER

APRIL

Happy Birthday

Rebecca Mian

April 2nd

Gary Bacon

April 13th

Bob Monday

April 13th

Rachel Minshall

April 14th

Craig Sanborn

April 14th

Mike McKee

April 17th

Judy Steffes

April 17th

Alex Herther

April 20th

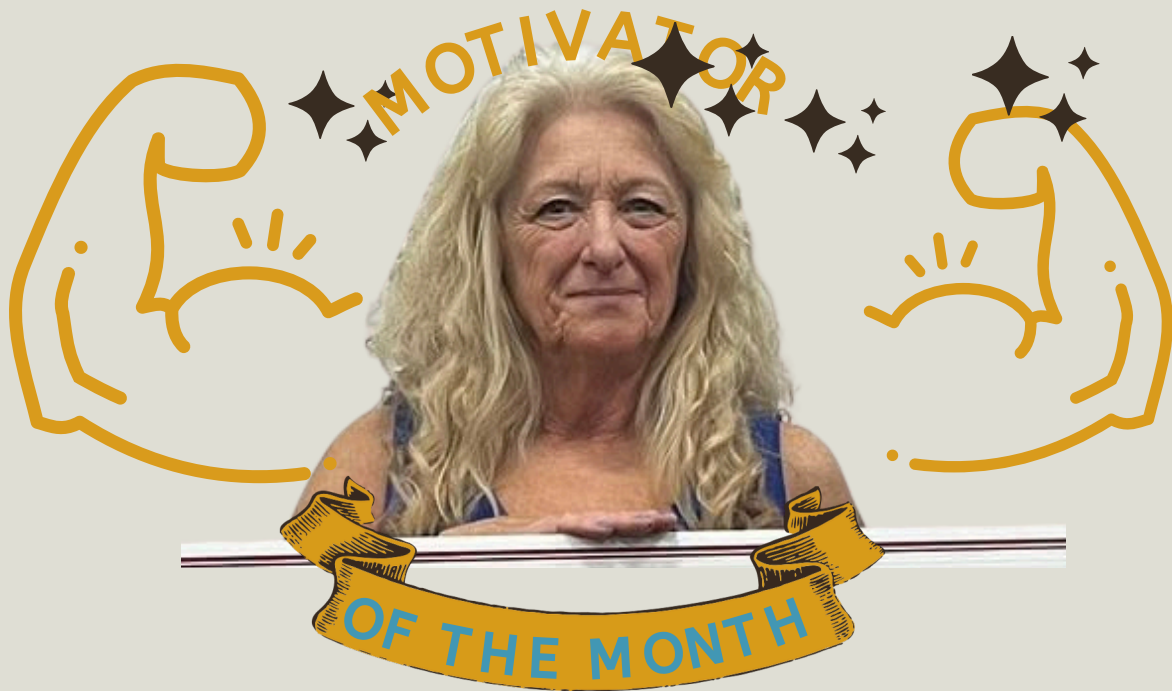
Justice Madl

April 25th

Jean Thiel

April 30th





Congratulations Pam Williams

I still think about the first time I walked into the gym. I was full of doubt, pessimistic, and unsure if I belonged there. I now realize this is one of the best decisions I have ever made!

What changed everything wasn't just the workouts; it was the people. It was the coaches who pushed me and guided me, showing me what I was capable of. The members who have become friends, showed me constant support and encouragement every step of the way.

I am truly grateful to be part of a community that lifts each other! This journey has been so much more than losing weight and getting strong- its been about growth, resilience, and discovering strength I didn't know I had. Thank you to all the coaches and members for being part of this!

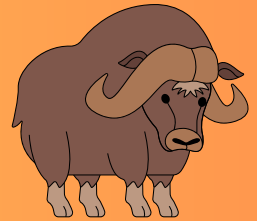
Buffalo Chicken Pockets



Ingredients: Makes 4 pockets

Filling:

- 2 cups shredded cooked chicken breast
- 1/3 cup buffalo sauce (adjust to your preference)
- 1/2 cup plain nonfat greek yogurt
- 1/2 cup reduced fat shredded cheese
- 2 Tbsp light cream cheese
- 1 Tbsp ranch seasoning (or garlic + onion powder)



Packets:

- 4 tortillas or flatbreads
- optional- eggwash (1 egg or egg whites and splash of water for a crispier finish)

Instructions:

- 1-Preheat oven to 400. Line baking sheet with parchment.
- 2-Make filling- In a bowl, mix filling ingredients until creamy.
- 3-Fill pockets- Spoon filling onto center of each tortilla. Fold in sides, then roll tightly like a burrito.
- 4- Seal and crisp (optional)- brush with egg wash for golden finish.
- 5-Bake 12-15 min or airfry 375 F for 8 min.
- 6-Rest 2-3 min before eating.



Calories- approx 550

Protein 90g

Carbs 24g

Fat 11g

How Much Strength did you GAIN?

The 6 weeks of strength will be ending soon!!
We will be attempting our max lifts the
week of April 13th!

If your total of Bench Press, Deadlift and Back
squat adds up to over #400, #600, #750, or
#1000 pounds

you get your CLUB tshirt!!



WELNESS LIVING APP



Delete Zen Planner



Download Wellness
Living "Achieve"

We need you all to be using this app!
It's the only way to sign up for classes
and receive important information



Big Booty

Boot Camp



What to expect-

- ✓ Hi energy music and atmosphere
- ✓ Next day soreness
- ✓ Laughs & good energy
- ✓ Real coaching and form work
- ✓ Group accountability
- ✓ HEAD TURNING RESULTS 🤪🤪

Dream
Big

- 6 weeks of Saturday Class
- Class limit is 10
- Resitration the week of April 6th
- First Class is April 18th 7:00 am
- \$199 members, \$299 non members
- 4 with the biggest booty gains get to join Kinsley and Tammy at a Brewer Game



APRIL BINGO STACK

Supplement special for
April!

Buy all 3 and fill 3 Bingo
squares



- Any flavor protein
- Any flavor Intra/Recovery
- Heat OR Crush



15% OFF

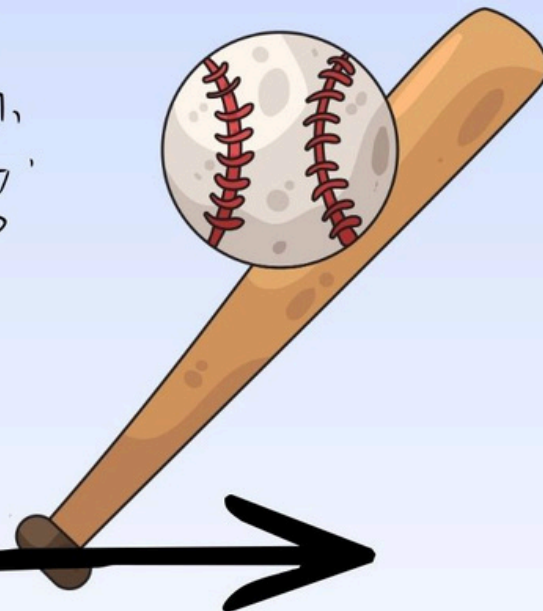
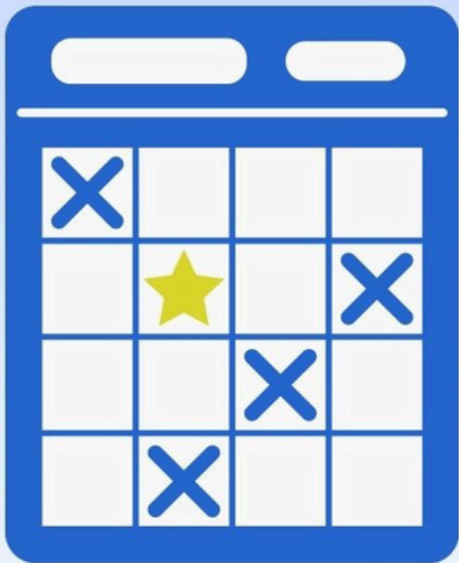
BUY ALL THREE, GET 15% OFF
AND
Cross off three BINGO
squares!

Whats coming in April?!



All BLACKOUTS will be entered to win 6 Brewer tickets!!

Weekly Wednesday winners for CASH and Gift Cards!



Copy of BINGO card

FASTING- Its not Magic

Intermittent fasting is everywhere—but it's not the fat-loss hack people think it is.

Fasting doesn't work because it's "special."

It works because you're likely eating fewer calories. If calories are controlled, fat loss happens.

And fat loss always comes down to one thing:
a calorie deficit.

So why do people like fasting?

For some, it makes things easier:

- Fewer meals to think about
- Bigger, more satisfying meals
- Less mindless snacking
- Strict guidelines can be helpful

If it helps you stay consistent—it works.

But it's not for everyone

For others, fasting can backfire:

- Extreme hunger → overeating later
- Low energy in workouts
- Feeling restricted

And consistency goes out the window.

The bottom line

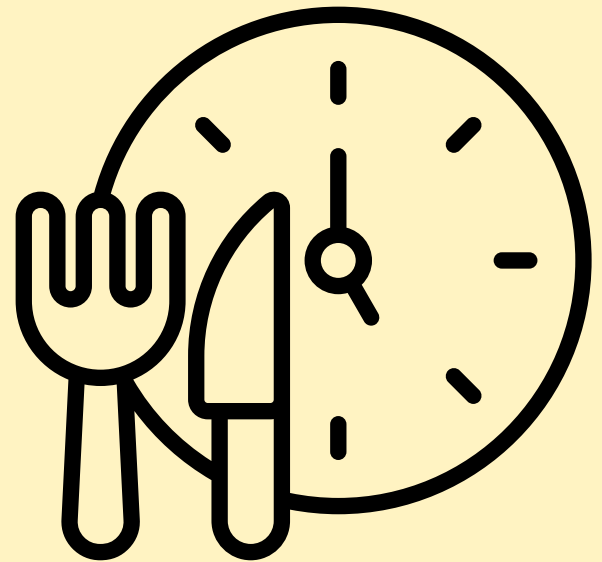
Fasting isn't better—it's just a tool.

The best plan is the one you can:

- Stick to
- Feel good doing
- Maintain long-term

Because results don't come from doing something extreme...

They come from doing the basics—consistently.



Who's up for a May Step Challenge?

Benefits of stepping more-

- Burns extra calories without feeling like exercise
- Boosts energy
- Improves mood and reduces stress/anxiety
- Linked to a longer life span
- Promotes blood flow, equaling quicker recovery from workouts
- Joint friendly

We will turn step count in weekly!

\$20 to enter

Winnings will be determined by amount of participants