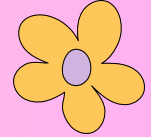


NEWSLETTER



Happy Birthday



Ashley Kegley

May 1st

Karin Gale

May 10th

David Olivares

May 11th

Matthew Fieweger

May 11th

Eric Mather

May 13th

Jeanne Karls

May 18th

Anne Blaedow

May 19th

David Albiero

May 20th

Karissa Trunk

May 23rd

Tim Reis

May 25th

Adam Schroeder

May 27th

Tori Nonhof

May 31st



Who wants FREE high protein PIZZA?



Try it



Buy it



Have something that fits your goals on hand



Monday
May the 4th
4:30-6:30



**Kick off to
Member rewards!**

MAY STEP CHALLENGE

We will turn step count in weekly!

\$20 to enter

Winnings will be determined by amount of participants

WE NEED AVERAGE STEP COUNT BEFORE MAY 4th

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

Theme Week



May 11th-16th

Monday-

Tuesday-

Wednesday-

Thursday-

Friday-

Saturday-

RANDOM FUN!

“Anything but gym clothes”

Neon Day

“Something on your head day”

Fun socks

Beach day

Sports day



May 25th-30th

Monday

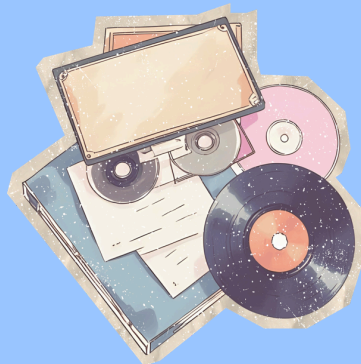
Tuesday

Wednesday

Thursday

Friday

Saturday



Music Genre Week

80s Rock

Alternative

Hip Hop/Rap

Heavy Metal

Country

Disco Dance



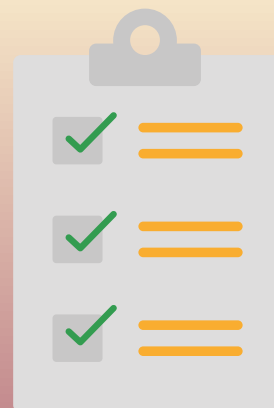
Earn money just for showing up??

Yep!! If you havent heard about the new member reward system....

Earn points- which means earn MONEY just for showing up!



**Consistency,
Consistency,
Consistency**



SUNDAY RUN CLUB

Sundays 8:00 am at Badger Track
We will start with a shorter distance
and gradually increase.

This is for all levels and speeds
Walking is totally fine!! (and help for
step challenge!)

✦ Starting May 3rd!

GOAL- Adrenaline 5K, 10K, half or full marathon
Sept 20th

Memorial Day "MURPH"

Join us for the traditional Memorial Day workout!

1 mile run

100 pull-ups

200 push-ups

300 air squats

1 mile run

DO NOT BE
OVERWHELMED!!

This is scalable to ALL
levels!

Class work outs will be
working towards this!

Who wants
a shirt?!



Will be
available
soon!

*Shirts not
this color



Mothers Day Special

Because we love our moms! 24 hours only!

All moms get 20% off all supplements!

Thursday May 7th - Friday May 8th



A1 Volleyball

We have a Wednesday night team
and a Thursday night team playing
at Our Place starting May 20th

**Stop in and support your gym
friends!**



REMINDER!

We still have open gym times!

Wednesday 5:30 pm

Thursday 8:30-10:30 am

May

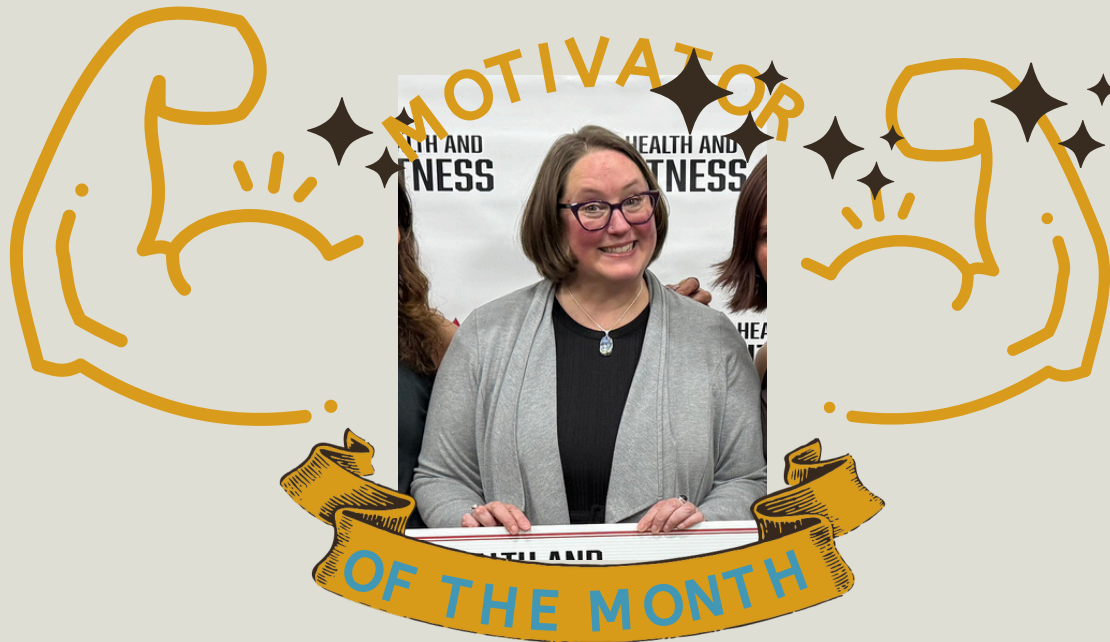


Spring Supplement Stack

**Buy Hydrate
Get pre-workout
50% off!**



**As the weather gets
warm...
We need to HYDRATE**



Congratulations Courtney Skinkis

I'm super humbled to be chosen as Member of the Month. I think it proves you don't have to be perfect to earn the title, you just have to show up, work hard, keep a good attitude (even if it's a little sassy lol), and keep pushing to be better a little at a time.

I'm glad I decided to make myself a priority again. I absolutely love barbells. They make me feel like a complete bada\$\$ and like I can do anything. But what this gym has really given me goes beyond workouts.

It's made me stronger in everyday life. Things like yard work, moving heavy paper boxes at work, handling my motorcycle, and all the physical stuff life throws at you feels easier. It's also helped my disc golf game more than I expected by giving me more power, more control, and more confidence in my body.

More importantly, it's helping me become a better version of myself. A better business owner, a stronger leader, and a more confident human.

What really makes A1 special is the people. Everyone here wants to see each other succeed. The encouragement, high fives, celebrations after PRs, and yes...even the playful bullying when I need that extra push...it all matters more than people realize.

Those moments create ripples, friends. They build confidence, strength, and resilience that carry outside the gym walls and into real life. I still have a bit of a journey to being the fitter version of myself, but I know I'll be more successful because of the crew beside me.

Huge shoutout to our amazing trainers for being supportive, motivating, sassy, and genuinely good humans!

I'm proud to be part of this community and getting stronger together.

No Prep (almost) Meals

Although I always want you to have food prepped, things happen. A quick stop at the grocery store, and/or having these staples on hand is SIMPLE! Takes minutes to throw together and keeps you on track! Mix and match!



tuna

+



any bread

+



pre cut veggies



lightyl breaded chicken strips

+



any potato

+



bagged salad



Rotisserie deli chicken

+



minute rice

+



steam in bag frozen veggies



Summer Slam Team Challenge

Starting June 8th!!!



- Teams will be divided by class times!
- Earn points for your team by coming to class, doing finishers, doing pop up challenges, buying supplements and referring friends!
- Friends and family can join the 4 weeks for \$99!!
- Individual winner- Brewer tickets
- Team winner- Throw pies in your favorite or least favorite coaches faces
Also bragging rights



Summer Party July 11th??

LETS TALK ABOUT HUNGER

It's Okay to Feel Hungry

If you're trying to lose body fat, you're probably going to feel a little hungry sometimes.

Not starving. Not miserable.

But a little hungry? That's normal.

Most people think hunger means something is wrong—so they immediately eat... and then wonder why nothing is changing.

Here's the truth:

Hunger isn't a bad sign.

It's a signal that your body is in a calorie deficit.

A little hunger before meals, or between meals? Expected.

That's the zone where fat loss actually happens.

But there's a line.

Normal hunger:

- Comes and goes
- Shows up before meals
- Goes away after you eat

Too much:

- You're hungry all day
- Thinking about food constantly
- Low energy, cranky, not sleeping well

That's not where you want to live.

How to handle it:

- Don't react to hunger immediately—it's not an emergency
- Expect it so it doesn't throw you off
- Eat real meals (protein + actual food, not just snacks)
- Don't try to eliminate hunger completely

Bottom line:

You shouldn't feel full 24/7 if you're trying to lose fat.

A little hunger = you're likely on track

Constant hunger = you've gone too far

There's a middle ground—and that's where results happen.

