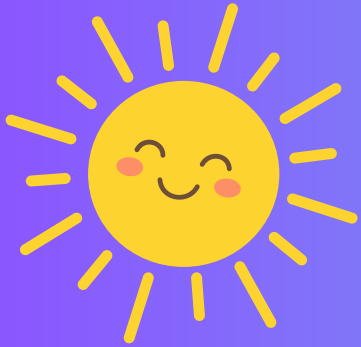


NEWSLETTER



Happy Birthday



Joan Muenster

June 12th

Laurie Rate

June 13th

Amber Kwiecien

June 13th

BJ Sauer

June 14th

Bobbie Zuern

June 14th

Becky Slaughter

June 23rd

Stephanie Steinert

June 26th



SUMMER SLAM

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 week challenge for \$99!!
 - Individual winner- Brewer tickets
 - Team winner- A1 insulated water bottle!
- Also bragging rights

Summer Party July 11th at
Ttitletown

Time- 2:00-4:00



Bring a Friend for Free!!

Any day during the week of
June 1st

SUMMER

only
\$99

Try class- if they love it
(because who wouldn't?), They can
join for the 4 weeks of
Summer Slam for \$99!!!

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!)

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



The Healthy Habits Hour!!

We are starting monthly nutrition sessions! These will be 45-60 minutes after the Saturday morning class

It's true that nutrition is 90% of the journey! Come learn tips to cut calories, create habits/lifestyle changes to get lean and STAY lean!



**First session-
Saturday June 13th 9am**

June

Supplement Sale



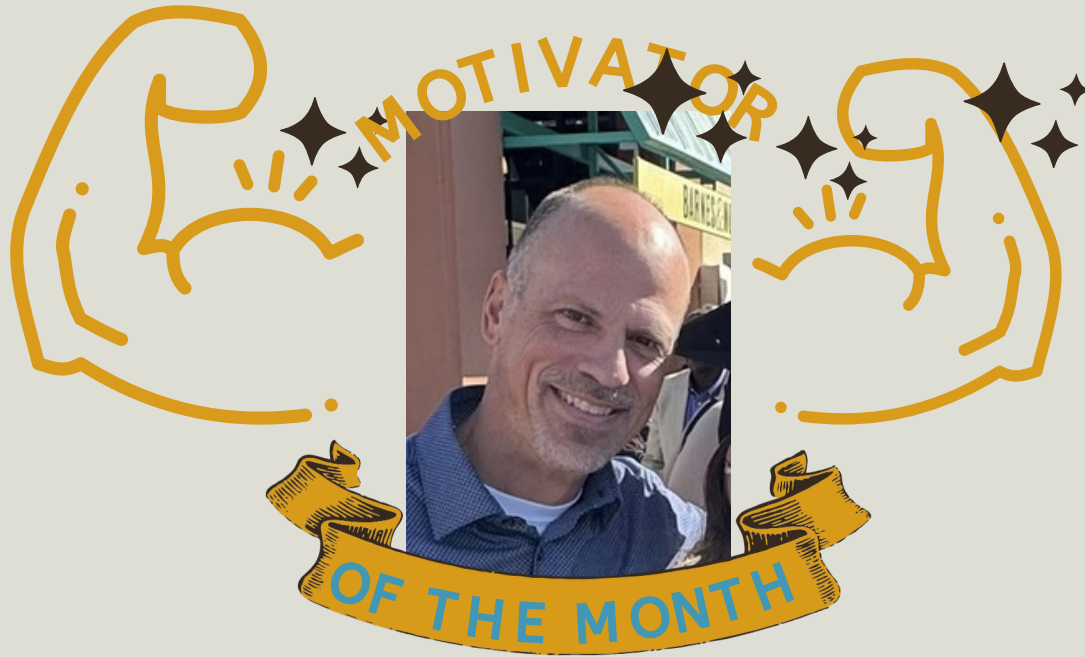
**Buy any Protein and Pink
Lemonade Pre workout or**

Intra

Get Strength Booster

50% off!





Congratulations Dave Goodno!

Prior to joining A1 Fitness, I had always tried working out on my own. I joined the YMCA for a while, I tried working out in my basement, running every morning in the summer, and different fad workout programs. But no matter what I tried, it would only last a month or two, and then I would lose motivation and stop. Then, about a year and a half ago, I got a text from my brother-in-law, BJ Sauer, and it just said, “If you’re interested,” and he included a screenshot of the Back To School Challenge the gym was running at the time. I signed up, and it has been the best thing that I have done for myself.

Since joining A1 I have lost 40 pounds and have so much more energy and strength. My kids no longer give me a hard time about my beer belly and instead make comments like “Wow, I can almost see your abs” ...haha. My golf game has also improved now that I can hit my shots a little farther.

Thanks to Tammy I am much better now at making sure I get my protein every day and make healthy choices with my diet. I used to just grab whatever was easy when looking for a snack, which usually meant I was eating a couple of cookies or a candy bar. Now I am making sure my snack is healthy and has protein, so a lot of cottage cheese and protein bars. My new favorite nighttime snack is Greek yogurt with granola.

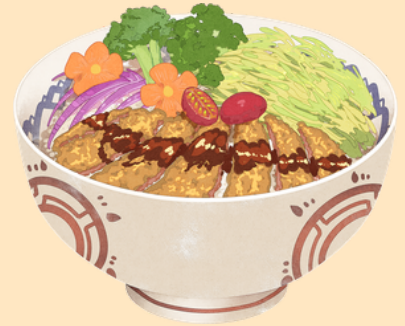
I’ve never been much of a morning person, but now I look forward to waking up at 5:15 to workout. Starting with the hardest thing I will do all day makes the rest of the day so much easier, and everyone in the 6 am class makes working out fun. I appreciate everyone who has helped me on my journey at A1 Fitness and look forward to continuing to improve my life!

High Protein Taco Crunch Bowl



Ingredients:

- 1.5 pounds lean ground turkey (99/1)
- 1 pack taco seasoning
- ¼ cup salsa
- 1 can black beans
- 2 cups shredded lettuce
- 1 cup pico de gallo
- ½ c nonfat greek yogurt
- 1 lime
- 4 bags Quest protein chips (the loaded taco flavor is perfect!)
- optional- hot sauce, jalapenos, cilantro



Directions:

- 1-Brown ground turkey
- 2-Add seasoning plus a splash of water and salsa.
Simmer
- 3-Build bowls (or meal prep containers) with meat, beans, and lettuce
- 4-Top with pico, Greek yogurt, lime juice, and chips before eating

Macros

Calories ~ 480

Protein 68g

Carbs 30g

Fats 10g



WHY Do We Get Off Track When Life Gets “Hard”?



Life gets hard for everyone.

Stress. Busy schedules. Sick kids. Exhaustion. Travel. Bad weeks.

That is not why people lose progress.

The real reason?

They decide that if they can't do everything perfectly, they'll do nothing at all.

Miss a few workouts?

“Guess I'm off track.”

Eat one bad meal?

“May as well start over Monday.”

But healthy people don't constantly “start over.”

They adjust.

They understand that hard seasons are part of life – not a reason to abandon themselves.

Not every season is built for PRs, perfect macros, or high motivation. Sometimes success simply looks like:

- getting to the gym once instead of three times
- taking a walk instead of crushing a workout
- eating decent instead of perfect
- showing up tired instead of skipping completely

That still counts.

In fact, those moments matter more than the easy ones.

Anyone can stay consistent when life feels good.

The real transformation happens when life is messy and you keep going anyway.

Stop waiting to “get back on track.”

Build habits that survive real life.

FOCUS ON
your Good
HABITS

KICKBALL!!!

Saturday June 20th 9:30-11:00am

600 Rolfs Ave

next to Threshold



Fun, friendly game of kickball
with your A1 friends

Annual Canoe Trip!!

August 15-16

Wisconsin River



Watch for details