



## IN THE MONTH:

### Important Notes:

- Thanksgiving Hours (Nov. 23 - 25)
  - Wednesday, 23rd
    - Open from 6:00am - 2:00 pm
    - No 4:40 or 5:30 pm class
  - Thursday, 24th
    - 5-Tur-K
    - Closed - No Classes
  - Friday, 25th
    - Closed - No Classes
- 1:00 Classes
  - Friday, 11th
  - Monday, 21st
  - Tuesday, 22nd
  - Wednesday, 23rd



## 5·TUR·K – THANKSGIVING EVENT

Achieve's annual 5-Tur-K is a Thanksgiving morning 5K run in teams of 4 or more. Except, this isn't your typical 5K run. Teams will run to workout stations to complete between run waves. For those attending, plan to meet at Achieve by 7:50 am to get ready with your team and listen to a breakdown of the event.

Register with the link below or through our website. Start training now! We look forward to seeing you there!!

**\*\*Note:** Registration will stay open through the 24th, but if you would like a shirt, register BEFORE November 15th.\*\*

## FALL GYM CHALLENGE

Want to win some free merch??! Well, by golly, you're in luck!! Achieve has a challenge for all gym members!

Between October 31st and December 2nd members are challenged to attend at least 20 classes. Free merch will be handed out to those that complete the challenge! The only rule is that members must sign in for class for attendance to count.

We hope to see you in class these next five weeks!

## OTHER REMINDERS

- Thank you to everyone that turned up to our first Trunk or Treat!! Seeing so many in the community have such a great time was terrific.
- You can earn free merchandise if you:
  - Refer someone for physical therapy treatment
  - Or submit a Google Review for us for the chance to be selected at the end of each month
    - Congratulations again to our month of Nov. winners, Nick R. and Andres V.!

Follow our socials to stay up-to-date throughout the month!