

News

Sports

Recovery

Therapy

Fun & More Fun



Photo: Tree Rush Outing

MURPH & MAY PANTRY COLLECTION

This year, Achieve will host the **MURPH WOD** on Friday, May 22nd during class or during Saturday's open gym hours. Shirts will be made for those who complete it.

While this won't fall on Memorial Day as it has in the past, the workout is still in honor of Lt. Murphy and all other fallen soldiers.

To continue supporting our community during this time, we'll be collecting supplies for the **Bellevue Food Pantry** throughout the month.

A donation tub will be located at the front of Achieve—please consider contributing if you're able!

Closed/Adjusted Hours:

- Friday, May 22nd – Closing @12:00pm (open 23rd)
- Monday, May 24th – CLOSED

Gym Event:

- MURPH WOD
 - May 22nd

SUMMER GYM CLASSES

We wanted to let everyone know that our **1:00pm class** will not be offered this summer. Our regular schedule will remain the same.

If you prefer an afternoon time, you're still welcome to come in during open gym hours and complete the workout on your own—no coach will be present.

This schedule is below, if wanted.

OTHER NOTICES

- The best way to support Achieve is by leaving a **Google review** (or Yelp or Facebook). Please consider taking a moment to do so using the link below.
- **Achieve Nutrition's** spring-inspired teas and shakes are only here through the end of the month – get your favorites while you can!
- **Follow** our socials to stay up-to-date and connected throughout the month!