



News

| Sports

| Recovery

| Therapy

| Fun & More Fun



FALL IN LOVE WITH FITNESS CHALLENGE

Hey gym members! We're hosting another attendance challenge for February!

Stay consistent this month for the chance to win prizes! The challenge is to attend 3-4 workouts per week. Heart stickers will be displayed to track your progress and accomplishments.

Goal Rewards:

12+ classes: 1 FREE Drink

16+ classes: The above plus an entry to win an Achieve Crewneck

Bonus Sticker:

Bring a friend to class for an EXTRA attendance sticker!

Closed or Adjusted Hours Throughout the Month:

- None

1:00 Classes This Month:

- None

VALENTINE SPIRIT WEEK

Celebrate the season of love with us! Dress in your Valentine's Day colors all next week!

This year's themes:

9th - Violet Valentine (*wear violet*)

10th - Blankie & Stuffie Day

11th - Pretty In Pink (*wear pink*)

12th - Fuzzy Socks

13th - Hearts & Love (*anything* 🍷)

14th - Blackout (*black only*)

OTHER NOTICES

- We've recently added the option to confirm your PT appointments via **text message**.
 - This is something we're monitoring & would appreciate your feedback.
- Visit **Achieve Nutrition** for a Super Bowl team-inspired tea, or a Valentine's Day Menu drink!
- **Follow** our socials to stay up-to-date and connected throughout the month!