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MURPH WOD – MONDAY, MAY 27TH

Join us on Memorial Day as we honor military personnel who have made the ultimate sacrifice.

MURPH entry is FREE, but we do ask everyone to bring donations for the Bellevue Food Pantry. Please help us in supporting the local community!

This year, we have two wave times for you to participate in – 7:00 am or 8:00 am.

Our FREE event still requires registration. If you'd like a tee to commemorate the event, you'll need to register *BY* May 16th.

Register with the link below!

Upcoming Hours:

- May 27th
- Closed

1:00 Classes:

- Fri. the 10th & Wed. the 22nd through summer

Next Event:

- MURPH
- May 27th

UPDATES TO THE GYM

All of the below is effective today:

- We're **NO LONGER** coaching our 5:30 pm **Bodyweight** class or 8:00 am **Yoga** class.
- Our 3 Month Student Summer Membership returns!
- 1:00 classes resume beginning May 22nd.
- All **ACTIVE** members receive a **10% discount** to Achieve Nutrition!! A tiny thanks to you!

OTHER NOTICES

- **Join our team!** We're actively hiring for different positions. Please reach out to apply or refer a good candidate!
- **Clinic Texting Hours:** You can always reach out to us at any hour of the day. Please understand that we will respond during open hours, though.
- **Follow** our socials to stay up-to-date and connected throughout the month!