



OUR MISSION IN 2026: YOU

As we step into 2026, we want to express our gratitude to you and everyone who is part of the Achieve Family.

While 2025 brought exciting growth and change, 2026 promises even more—new team members, tools, and expanded opportunities to care for you better.

We're growing with one goal in mind: helping you live healthier, move better, and feel your best!

Thank you for being part of our journey as we continue to grow and evolve together. Stay tuned...2026 is just getting started.

Different Hours Throughout the Month:

- Closed: Thursday, Jan. 1st

1:00 Classes in January:

- None
- (Including MLK Day)

PT CARE IN 2026

As we begin the new year, many insurance plans renew or change. At your first visit of the year, we'll review your current-year benefits with you. You'll also receive electronic links to update your contact information.

To help us ensure your coverage, please continue to notify us of any insurance changes or updates.

OTHER NOTICES

- **JOIN OUR TEAM!** We're hiring for a full-time Medical Receptionist.
 - Reach out with any questions, & email back to apply!
- Don't let your **2026 Resolutions** slide!
 - Keep moving with our fitness classes and refuel with something healthy from Achieve Nutrition.
- **Follow** our socials to stay up-to-date and connected throughout the month!