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PARKING LOT REPAIRS – APRIL 6TH WEEK

Achieve's parking lot will undergo repairs during the week of April 6th.

Parking may be limited at times, so please plan accordingly for your appointment. When possible, we ask that some of the closer available spots be reserved for clients with greater mobility needs.

Friday, April 10: All parking spots will be unavailable during striping & for approximately 1 hour afterward.

Throughout this process, you are welcome to park in nearby lots.

Thank you for your flexibility!

Closed or Adjusted Hours Throughout the Month:

- April 23rd – No PT appointments
 - No 9:00 class, only 5:00, 6:00, & 4:30 classes

1:00 Classes This Month:

- None

CAN YOU BEAT BRIAN?

Gym members, join us for April's "Beat Brian" Challenge!

Starting next Monday, take on a fun weekly challenge to beat one of Brian's PRs. New challenges will be posted on April 6, 13, 20, & 27.

Week 1: Beat his 1,000m row time.

Earn bragging rights and the satisfaction of beating Brian!

OTHER NOTICES

- Visit **Achieve Nutrition** this week to vote for your favorite drinks! Sweet discounts are offered to all who stop by!
- Please continue to welcome our **new hires** to the Achieve Family! We're excited to have them join our team and contribute to your experience at Achieve.
- **Follow** our socials to stay up-to-date and connected throughout the month!