

News

| Sports

| Recovery

| Therapy

| Fun & More Fun



Photo: Your better health home

## ENTER OUR RAFFLE TO WIN A NEW GRILL!!

Hello, Achieve Family! We're excited to announce the **Achieve & Win Raffle** - a fun way for you to enter for a chance to win a new grill!

With multiple ways to earn tickets, everyone has a shot at winning. Don't wait—the raffle ends April 30th!

### HOW TO EARN TICKETS!

**1 TICKET:** Follow Achieve on Instagram/Facebook/YouTube

**2 TICKETS:** Tag Achieve on Insta/FB

**3 TICKETS:** Leave a written Google/FB review

**4 TICKETS:** Refer a friend or family member (gym membership or PT appointment)

### **Upcoming Hours:**

- Apr. 28<sup>th</sup> - Closed from 10:00am - 2:00pm
- Apr. 29<sup>th</sup> - Closing @4:00pm (No 4:30pm class)

### **1:00 Classes:**

- April 18th & April 21st

## **NUTRITION UPDATES**

Achieve Nutrition continues to be your go-to spot for delicious, healthy drinks!

With a rotating menu of exciting new flavors, there's always something fresh to try and love. Follow Achieve Nutrition on Instagram to stay up-to-date with the current drinks and seasonal specials offered!

## **OTHER NOTICES**

- We **will not have a 4:30 pm class** on April 29th when we close early.
- We're searching for more **coaches** to join our team. If you know someone who would be a great fit, we'd love to hear from you!
- **Visit Achieve Nutrition** this spring for healthy alternatives to enhance your life!
- **Follow** our socials to stay up-to-date and connected throughout the month!