



IN THE MONTH:

December Hours:

- Saturday, 24th
 - Closed - No Physical Therapy
 - 12 Days of Christmas Workout
 - 8:00 am
- Monday, 26th
 - Closed - No Classes
- Saturday, 31st
 - Closed - No Physical Therapy
 - New Years' Eve Yoga
 - 7:00 am

1:00 Classes:

- Thursday 22nd, Friday 23rd, & Tuesday 27th - Friday 30th



ADVENT CALENDAR + SPIRIT WEEK

Achieve will have a fun and festive December Advent Calendar that follows a movement, exercise, or hold to do per day. The date number corresponds to the duration or rep count of each. This is simply a fun activity that we can all participate in together. We hope you choose to join us and enjoy it!

HOLLY JOLLY SPIRIT WEEK: 19TH - 23RD

MONDAY - 19TH.....WEAR RED
TUESDAY - 20TH.....COZY PAJAMA DAY
WEDNESDAY - 21ST.....WEAR GREEN
THURSDAY - 22ND.....SUMMER IN WINTER
FRIDAY - 23RD.....UGLY SWEATER

TEKOA FUNDRAISER

Saturday, December 17th, we will be hosting a WOD workout with Tekoa. Tekoa Learning Centers is a non-profit organization in Monterrey, Mexico that serves children and families with disabilities. The fundraiser fee is \$40 per person - which will include a shirt. All fees raised will go to Tekoa & efforts to assist families.

Sign up with the link below! We have three wave times for you to select from - 8:30 am, 9:00 am, & 9:30 am.

OTHER REMINDERS

- Thank you again to everyone that turned up to our 5-Tur-K!! It was our largest 5-Tur-K crowd ever! Seeing so many have a great time was terrific.
- Also, thanks again to all that took gift tags and chose to help support individuals and families.
- Our gym attendance was great this past month! Let's keep that same momentum this winter!
- Congratulations to our month of November Google Review winners, Denise N. and Kristi M.!
- Follow our socials to stay updated & connected!