



IN THE MONTH:

Upcoming Hours:

- Halloween Hours:
 - Tuesday, October 31st
 - Closing at 4:00 pm
 - No 4:30 pm class

1:00 Classes:

- Friday 6th, Monday 9th, Friday 13th, & Friday 20th

Upcoming Events:

- 5-Tur-K
 - Thursday, November 23rd



Photo: Hot Dog Run

BODYWEIGHT BOOTCAMP UPDATES

Our Bodyweight Bootcamp begins this week! We're excited to welcome individuals who are eager to make a change in their lives!

Current members are welcome to join the new 5:30 pm class, too!

Due to the excitement and passion for our new camp, we will be holding another session next month! This session begins November 6th (with the initial weigh-in on the 4th). Take action and reach out to transform your life, or refer someone you know who could benefit! :)

SPOOKY SPIRIT WEEK

Don't be startled by this year's Spooky Spirit Week! Add this fun week to your calendars - starting **October 25th-31st.**

WED. 25TH - PURPLE/ORANGE ONLY
THURS. 26TH - DRESS AS YOUR FEAR
FRI. 27TH - STAFF/TWINNING
SAT. 28TH - BARBIE/SPARKLE
MON. 30TH - BLACKOUT
TUES. 31ST - COSTUME!!

OTHER NOTICES

- Achieve is a 2023 Best of Bellevue winner!! This marks six years in a row!
 - Thank you to everyone who voted for us! We appreciate your support. :)
- Please vote in our short survey below. We want to continue to be the best and appreciate your feedback - thank you!
- Follow our socials to stay up-to-date and connected throughout the month!