



Ring in the New Year at Impact Athletic

We're kicking off January with exciting classes, unbeatable specials, and weekly challenges designed to help you actually follow through on your goals - not just talk about them.

MEMBERSHIP SPECIAL - New Year, New You

Join with a 1 year contract and we'll not only waive your enrollment fee, we'll also give you a FREE Starter Pack!

Your starter pack includes:

- ✓ Impact Athletic T-shirt
- ✓ Smoothie card
- ✓ Guest pass
- ✓ Water bottle

There's no better time to commit.



PERSONAL TRAINING + LIFE COACHING SPECIAL

Buy four 30-minute personal training sessions

➡ Get one life coaching session **FREE**

This is the perfect combo to build strength *and* mindset - because lasting results don't come from workouts alone.

📌 Ask the front desk to get started.

NEW CLASS!!!

JOIN US FOR A



SURGE FIT

LAUNCH PARTY

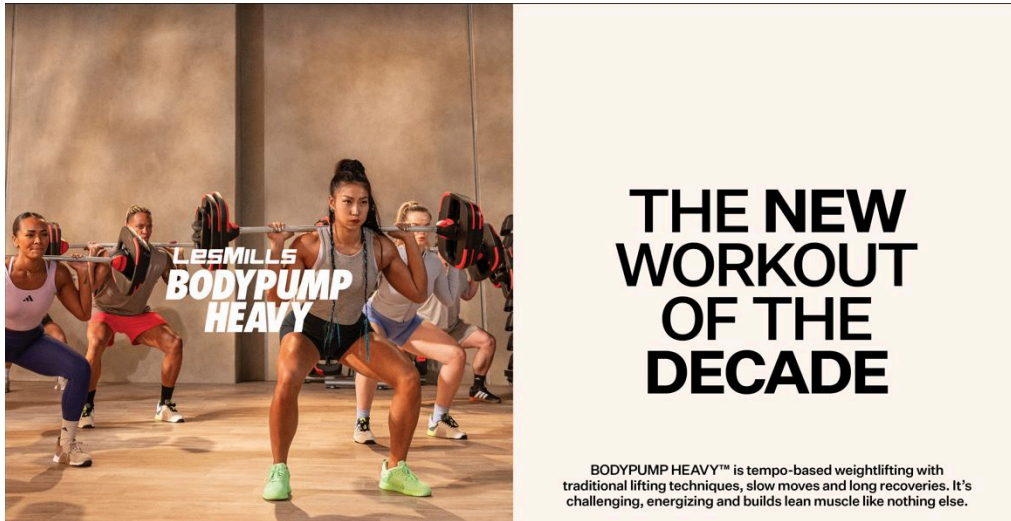


JANUARY 3RD, 2026 8:15 AM

ADD OUR NEWEST CLASS TO YOUR ROTATION

Start the year strong with our brand new **SURGE** Class—high energy, motivating, and designed to light the fire for your 2026 fitness journey.

🔥 Join us to kick off with the very first class on January 3rd at 8:15 AM



CURIOUS ABOUT BODYPUMP HEAVY?

Come enjoy a sample class and experience heavier lifts, powerful music, and next-level strength training.

📅 Join us on January 17th at 8:15 AM
🎁 Shaker bottle + sweat towel giveaways while supplies last!



Week 1 | Jan 1–7

Commit to Fit Kickoff

🎉 First 25 new signups will be entered to win 3 months FREE

Week 2 | Jan 8–14

Bring a Buddy Week

🎉 Members bring a friend FREE all week (guest must be 18 yrs or older)

🎉 If your buddy joins, you both get \$20 off February dues

Week 3 | Jan 15–21

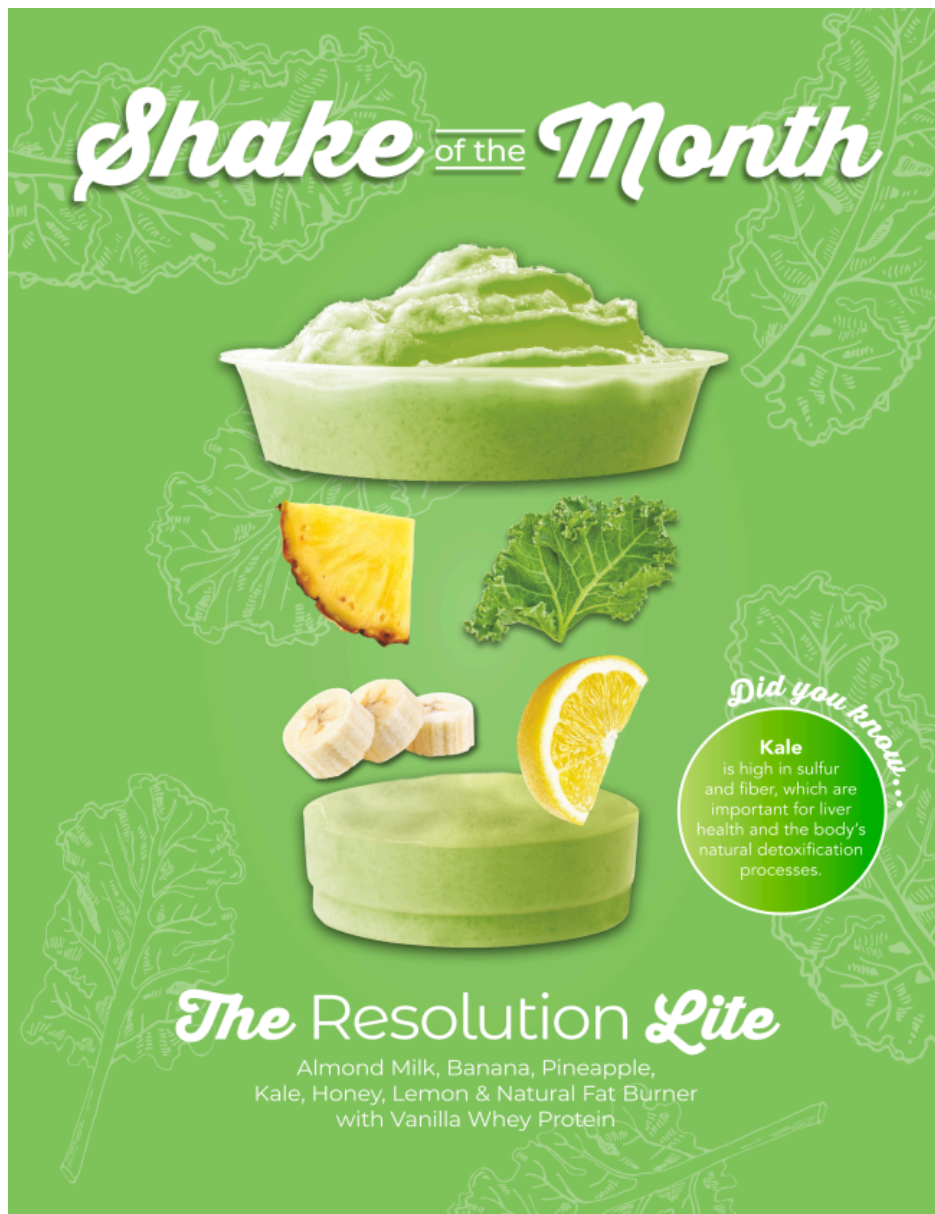
Resolution Check-In

🎉 Attend 3+ times this week, and you'll be entered to win an Impact Swag Bag

Week 4 | Jan 22–31

Finish Strong Challenge

🎉 Post a workout photo and tag [@ImpactAthletic](#) to be entered to win a FREE PT session or a FREE month of membership




A BIG THANK YOU FROM IMPACT ATHLETIC

Thank you all for your patience during our recent remodel. We're thrilled with the results and want to extend a huge thank-you to Christian Loya and the team at Himark Manufacturing for their outstanding work and ability to get the project done so quickly.

They're rapidly growing in the area, and have been great to work with from start to finish. If you're in need of commercial or residential cabinetry, millwork, countertops, or custom

welding and fabrication, we highly recommend reaching out.

 Christian Loya – Himark Manufacturing

 208-670-2235

 Christian.loya@himarkmfg.com

Let's make January count. We'll see you in the gym 💪

— The Team at Impact Athletic

NEW 2026 GROUP FITNESS SCHEDULE



1150 East 16th Street Burley, Idaho 83318

www.impactathletic.com

208 678-5011

Begins January 5th, 2026

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|-------------------------------------|------------------------------------|-------------------------------------|-------------------------------|----------------------------|--|
| 5:30a | | SPINNING Amy 30 mins | | sprint Amy 30 mins | | |
| 5:45a | beat Holly | | Surge Tori | | HIGH Tawny | |
| 8:15a Yoga Studio | Yoga Kendra | | Yoga Kendra | | | |
| 8:15a | POWER HOUR Brielle | (REPS) Brielle | beat Holly | HIGH Holly | Surge Tori | metshop Rotating Instructors |
| 9:30a | | HIGH Brittany | | Surge Brettlyn | | |
| 10:10a | FIT and Fabulous Brettlyn | ZUMBA GOLD Lissette | FIT and Fabulous Brettlyn | ZUMBA GOLD Lissette | | |
| 5:30p | HIGH Tori | LES MILLS BODYPUMP JoAnn | BARRE FUSION JoAnn | Surge Brittany | | |
| 6:00p Yoga Studio | | Restorative Yoga Kendra | | Yoga Kendra | | |
| 6:45p | | | ZUMBA Lissette | | | |
| Pool | | | | | | |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:00a 50 mins | Aqua Fit Megan | Aqua Fit Megan | Aqua Fit Sue | Aqua Fit Megan | Aqua Fit Megan | |
| 1:05p 50 mins | Aqua Therapy Julia | | Aqua Therapy Julia | | Aqua Therapy Sue | |



Impact Athletic | 1150 E 16th Street | Burley, ID 83318 US

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