



Get Better Together in February at Impact Athletic

This February is all about connection — with your goals, your routine, and the people who keep you showing up. Whether you're training with a partner, jumping into classes, or recommitting to your resolution, we've packed this month with ways to move better *together*.

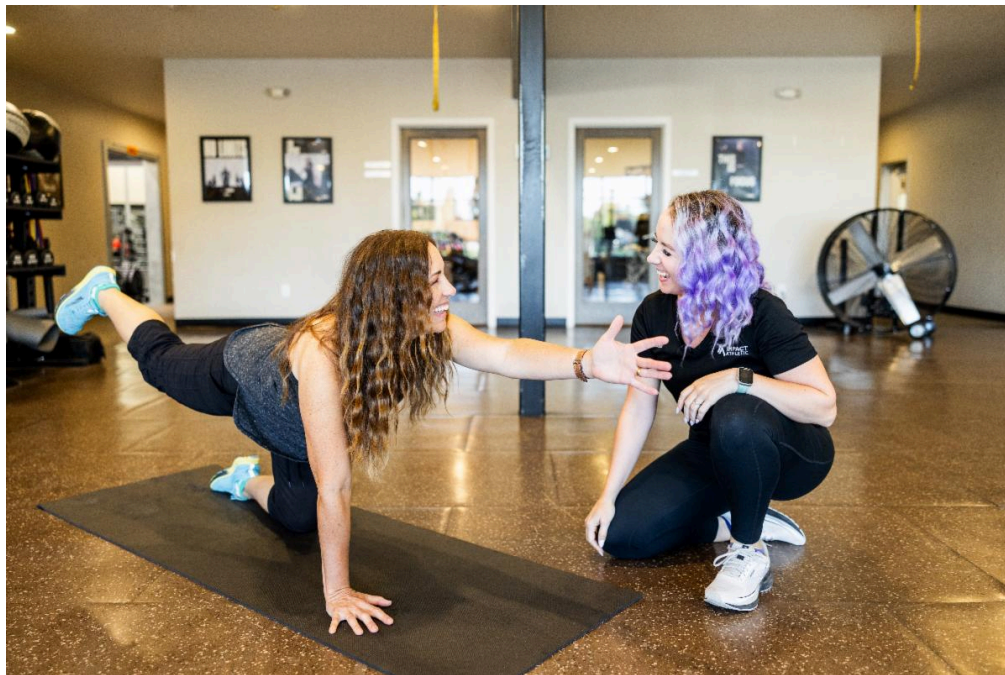
MEMBERSHIP SPECIAL | Better Together Add-On

Add a spouse or eligible family member and we'll waive the \$25.00 recontract fee!

Why train alone when you can train with a partner?

- ✓ More accountability
- ✓ More motivation
- ✓ NO recontract fee

📍 Stop by the Front Desk for details.



TRAINING SPECIAL | Better Together Personal Training

➔ Train better - *together*.

February Only

Train with a spouse, partner, friend, or family member and level up together.

- ✦ First person pays full price
- ✦ Second person gets 60% OFF
- ✦ Minimum of 8 sessions required
- ✦ Both clients train together in the same session

Perfect for couples, friends, or family members who want results and accountability.

📌 Ask a trainer or the Front Desk to get started.

VALENTINE'S DAY

SURGE CLASS

FEB 14 @ 8:15 AM

VALENTINE'S DAY CLASS | LOVE TO MOVE

Join us for a special Valentine's Day SURGE class and celebrate fitness the fun way!

Saturday, February 14th | 8:15 AM

- ♥ Bring a friend, family member, or partner FREE
- ♥ Enjoy 20% OFF 10-Punch Fitness Class Passes - *including* Water Class passes
- ♥ One day. Share the love and the sweat.

No better way to start Valentine's Day than moving together.



MORE FEBRUARY TRAINING PROGRAMS



Redeem your new member InBody coupon on the first Tuesday of the month at 6:00 PM



Barbell Basics Workshop

Tuesday, February 17th | 6:00 PM

If barbells feel intimidating, or you want to be sure you're lifting correctly, this workshop is for you. In this hands-on workshop, we'll break down the proper form, mechanics, and setup for foundational barbell lifts, including:

- Squats
- Deadlifts
- Bench Press
- Rows

Perfect for beginners and experienced lifters who want to refine technique, lift with confidence, and reduce injury risk.



Goal Execution Lab


Starts February 16th

Ever notice how motivation fades long before your goal actually gets results? The Goal Execution Lab is designed to help you stop starting over, and start following through.

This coaching program focuses on:

- Creating goals that actually fit your real life
- Building consistency without burnout
- Learning how to keep going even when motivation dips

If you've "fallen off the wagon" before, this is where you learn how to stay on it.

 Ask at the Front Desk or with a trainer to register or for more details



STAY CONSISTENT AND GET REWARDED

- Work out 3x in one week → earn 1 entry
- Up to 4 chances to win in February
- **Prize: Dinner for 2 at Wick's Steakhouse**

Consistency matters. Keep showing up.

FITNESS CLASS SCHEDULE UPDATES

Please note the following time changes — all held in Studio A:

- Tuesday 9:30 AM High Fitness → **now at 9:20 AM**
- Thursday 9:30 AM SURGE → **now at 9:20 AM**
- Tuesday & Thursday 10:10 Zumba Gold → **now at 10:20 AM**

Updated class schedule can be found at the bottom of this email.

Shake of the Month



Did you know?

Unlike many other fruits, Dragon Fruit contains small amounts of healthy fats, specifically omega-3 and omega-6 fatty acids.

🎵 Not Sure Where to Start? Try a Class!

All fitness classes are **included in your Impact Athletic membership**, so you can mix it up, stay motivated, and have fun — at no extra charge.

NEW What's New at Impact Athletic:

🌟 New Weight Room — more space, more equipment, more ways to train. We've upgraded the layout and equipment to give you a better training flow, more room to move, and more options to support every strength goal — from beginners to seasoned lifters.

🌟 New Front Desk Remodel — same layout, fresh new look. We gave the front desk a bright, clean aesthetic upgrade to refresh the space and create a more welcoming feel the moment you walk in.

Let's get better together this month. We'll see you in the gym 💪



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Begins February 2nd, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a		SPINNING Amy 30 mins		sprint Amy 30 mins		
5:45a	iBeat BARRE Holly		Surge Tori		HIGH fitness YOGA Tawny	
8:15a Yoga Studio	Yoga Kendra		Yoga Kendra			
8:15a	POWER HOUR Brielle	REPS Brielle	iBeat BARRE Holly	HIGH fitness Holly	Surge Tori	Masterpass Rotating Instructors
9:20a 55 min		HIGH fitness Brittany		Surge Brettlyn		
10:20a		ZUMBA GOLD Lissette		ZUMBA GOLD Lissette		
10:10a	FIT and Fabulous Brettlyn		FIT and Fabulous Brettlyn			
5:30p	HIGH fitness 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	





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