



Spring Into Fitness at Impact Athletic

It's time to spring into fitness! With brighter mornings and a little more pep in the air, March is all about renewal — refreshing your routine, setting new challenges, and moving your body in ways that feel strong and empowering. Let's build habits now that carry you all the way into summer.

MEMBERSHIP SPECIAL | Spring Break Special

From March 22–28, we're offering zero enrollment on all 1-year contracts. It's the perfect time to commit and save.

Have students home for the break? Grab them a 1-week pass for just \$52 (plus tax) and keep everyone moving.

 **Stop by the Front Desk for details.**



PERSONAL TRAINING SPECIALS + PROGRAMS

The Spring Fuel Upgrade

Buy four personal training sessions and receive a box of Clean Simple Eats protein powder (10 servings) — flavor of your choice. It's the perfect way to fuel your progress, dial in your form and strength, and make *real* progress on your fitness goals.

Barbell Basics Workshop

March 17th at 6:00 PM

This hands-on workshop covers proper setup, mechanics, and form for foundational lifts like squats, deadlifts, bench press, and overhead press. Whether you're new to barbells or refining your technique, you'll leave more confident under the bar.

Alpha Beast Bootcamp

*Begins March 11th
Mondays & Wednesdays at 6:00 PM*

A high-energy strength and conditioning class designed to build grit, power, and endurance. Show up ready to work and push your limits.

Goal Execution Lab

Ready to stop starting over?

The Goal Execution Lab is a small-group coaching program designed to help you turn goals into consistent follow-through. If you're tired of relying on motivation alone, this is where structure, rewiring, and strategy come together.





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



FEEL THE SURGE

In case you missed it - SURGE is our newest fitness class combining HIIT cardio, strength training, and incredible music into one fun, results-driven workout.

Created by group fitness experts, SURGE delivers:

-  Cardio to burn calories
-  Strength training to sculpt muscle
-  Simple, fun movements for all fitness
-  Motivating music and coaching

All you need is dumbbells, a mat, and the readiness to move.
Great Music + HIIT Cardio + Weight Training = Results

Surge Class Schedule:

Wednesday 5:45 am with Tori

Thursday 9:20 am with Brettlyn

Thursday 5:30 pm with Brittany

Friday 8:15 am with Tori

Classes are included in your membership



LUCKY YOU: SHOW UP AND WIN

☘ St. Patrick's Day Special – March 17

Wear green to the gym on St. Patrick's Day and receive a FREE guest pass to share with a friend. Share the luck and bring a workout buddy.

➔📱 Spring Into Fitness Challenge – All March Long

Come to the gym 3 times in one week and post about your visit on social media, tagging us ([@impactathletic](#)), and you'll be entered into a drawing to win one month of free dues.

SHAKE OF THE MONTH

SHAMROCKIN'

Unsweetened Almond Milk, Cacao Nibs, Organic Matcha Green Tea,
Yogurt & Mint with Vanilla Whey Protein



— MAY HELP RELIEVE INDIGESTION —

Let's spring into this season stronger than ever.
We'll see you in the gym 💪

— The Team at Impact Athletic



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

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