

# INSPIRED BY FITNESS

INSPIRE TO DO MORE, TO BE MORE, TO ACHIEVE MORE!



January/February 2018 Newsletter

## 2017 Woman OF THE YEAR!

We are absolutely thrilled to announce that Sherry Kresky was the recipient of the Julia Wilkinson Sports & Active Living and Wellness Award at Optimism Place's 2017 Women of the Year Awards!

We are so proud that Sherry received this well-deserved recognition in the community at this prestigious awards ceremony!

Congratulations Sherry, and thanks for inspiring us every day!



## INSPIRED INSIDER

January is here – the start of a New Year! Some of the most popular resolutions centre around losing weight and/or exercising more often; however, while most people have the best of intentions, without direction or incentive, the enthusiasm fades and big plans go down the drain. That's where Inspired by Fitness comes into play! We can help you keep health and wellness a priority in your life by providing positive, fun and inspiring services that help break down the barriers to fitness.

We know what works for one person may not necessarily work for someone else. With Personal and Small Group Training, our Personal Trainers can provide the guidance you need by setting up a unique, personal plan to help you achieve your goals.

Is your resolution to eat better? Let our Certified Precision Nutritionist guide you to success and help you achieve the goals you've always wanted.

Would fitness classes help motivate you to stick to your goals? We've got you covered there too! From Boot Camp to Yoga to Spin to Zumba (and more!), our team of highly-qualified instructors will challenge and inspire you in our welcoming and comfortable setting.

Or you could give one of our highly successful workshops or programs a try. Our Couch To Confident: 12-Week Total Body Transformation & Accountability program aims to transform your body and the way you see fitness and nutrition forever, and our Beginner Boot Camp is a great way to kickstart your body back into exercise. And those are only a couple of our amazing offerings at the studio!

Inspire to do more, to be more, to achieve more in 2018!

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*Product orders for this session go in on  
Friday, January 12<sup>th</sup> & Friday, February 9<sup>th</sup>.*

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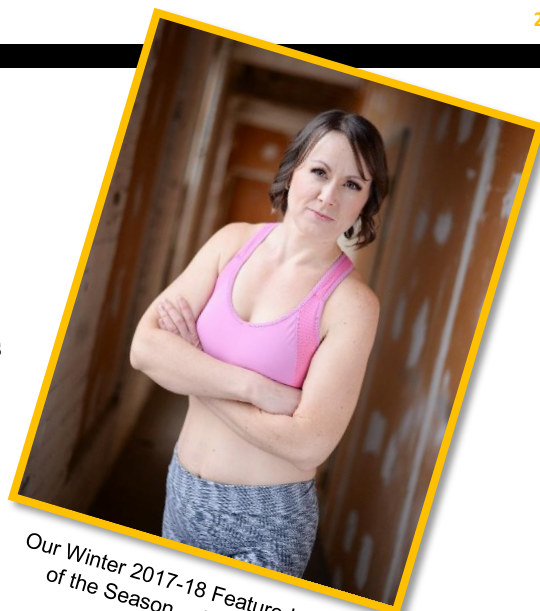
## REV UP YOUR RESOLUTION WITH THE NEW YEAR NEW YOU FITNESS CHALLENGE

The New Year New You Fitness Challenge will keep you accountable and striving for more! It's a fun and challenging way to hold yourself accountable to achieving your goals, and you will have the chance to win half of the pool collected from registration entry fees! All Challenge participants must participate in at least one Inspired by Fitness class per week. This six-week challenge begins on **Saturday, January 13<sup>th</sup>**.

## KICKSTART YOUR 2018 FITNESS REGIME WITH BEGINNER BOOT CAMP

Are you new to exercise? Do you need a fitness reboot? If yes, kickstart your body back into exercise with Beginner Boot Camp! Work with our Fitness Professional & Personal Trainer, Alicia Horne, and start your fitness journey in a welcoming and comfortable setting. This workshop is designed for the new exerciser and will help guide you on your way to becoming a healthier, happier you! You will learn proper exercise techniques, build confidence, exercise in a supportive atmosphere, receive a home workout and learn lifestyle tips to help you succeed and feel fantastic and fabulous!

This six-week program begins on **Thursday, January 18<sup>th</sup> at 5:20 pm.**



Our Winter 2017-18 Featured Member of the Season – Jessica Subject

## DISCOVER YOUR INNER BEING WITH THE MEDITATION WORKSHOP

Come experience this wonderful workshop led by Renée Dijk and learn how to set your intentions and focus for the New Year! This workshop will leave you with the foundation to start your own meditation practice that you can integrate into your daily life. Therapeutic in approach and tailored for all levels, this workshop includes interactive lecture, discussion and meditation.

This one-time only event will be held on **Friday, January 19<sup>th</sup> from 6:00 to 7:30 pm.**



Valentine's Day 2017

## LOVE, SWEAT AND RED & PINK DAY

On **Wednesday, February 14<sup>th</sup>**, pump up your outfit (as well as your heart) by coming to the studio dressed in red and pink! We have three lovely classes that day for you to choose from: Low Impact Body Blast (Zumba Light) at 10:00 am, Butt & Gut at 12:15 pm and Boot Camp at 5:20 pm.

## RELIEVE STRESS & LOOK YOUNGER WITH THE POSTURE & BALANCE WORKSHOP

Good posture and balance can positively affect your daily living, fitness performance and overall movement efficiency. Join Renée Dijk for a 90-minute interactive workshop covering simple and effective Yoga-based strategies to gain postural awareness to become upright, balanced and highly functional. This workshop is interactive and will involve gentle movement.

This one-time only event will be held on **Friday, February 16<sup>th</sup> from 6:00 to 7:30 pm.**

### **SPOTLIGHT ON CIRCUIT CLASS**

If you're looking for a full-body workout in 30 minutes, try the Friday Circuit class at 12:15 pm.

You get the benefits of muscle building and toning, along with cardio boosts!

The exercises will be switched up regularly to avoid plateaus, and you will improve your body while working at your own pace!

*May this year bring you health, happiness and some sweet dance moves! Join a Monthly Zumba Special!*

*Saturday, January 20<sup>th</sup> & Saturday February 24<sup>th</sup>  
8:30 to 9:15 am*

## SCHEDULE CHANGE NOTIFICATION

Since Sherry will be taking maternity leave in January and February of 2018, we have decided to slightly modify our daytime schedule.

All **Morning Classes** (ie., 9:00 to 9:45 am) will not run for January and February, and will resume back to the regular schedule on Monday, March 5<sup>th</sup>. **Lunch Classes** will run every week day (Monday thru Friday) from 12:15 to 12:45 pm, and will resume back to the regular schedule on Monday, March 5<sup>th</sup>. All **Low Impact Body Blast Classes, Evening Classes** (ie., Boot Camp, Zumba, Yoga, Bounce) and **Saturday Classes** (ie., Boot Camp, Spin) will run as usual.


Thank you, in advance, for your cooperation during this exciting time for Sherry. We look forward to providing you with the same quality programming you've come to love at Inspired by Fitness. Rest assured that everything will be "business as usual" once Sherry has had the opportunity to spend undivided time with her little one.

### JANUARY/FEBRUARY LUNCH CLASS SCHEDULE

Mondays.....	Boot Camp
Tuesdays.....	Spin
Wednesdays.....	Butt & Gut
Thursdays.....	Spin
Fridays.....	Circuit

## INSPIRED BY FITNESS

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*The studio will be closed on:  
Monday, January 1<sup>st</sup> for New Year's Day  
Monday, February 19<sup>th</sup> for Family Day*



### OVERNIGHT RASPBERRY CHIA PUDDING



#### Ingredients:

- 2 cups raspberries (fresh or frozen)
- 2 cups almond milk
- 2 tablespoons raw honey
- 6 tablespoons chia seeds
- 2 teaspoons vanilla extract

#### Directions:

Blend all ingredients, except the chia seeds, in a food processor until smooth. Next, stir in the chia seeds separately making sure to spread them evenly. Refrigerate overnight.

#### Modifications:

Substitute the raspberries for blueberries and add additional almond extract for blueberry pie flavour.

#### Nutritionist Note:

The Vitamin C in raspberries is necessary for growth and repair of cells in our bodies. It is a skin superfood!

#### Source:

Nourish & Glow