

INSPIRED BY FITNESS

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



July/August 2018 Newsletter

CHECK OUT THE INSPIRED YOUTUBE CHANNEL

It is with great excitement that we officially announce the launch of our new YouTube channel – a place to view innovative fitness challenges, tutorials and workouts suitable for all fitness levels and ages.

Transform your body and mind with positive and empowering content ranging from fitness to nutrition to healthy living.

If you have a YouTube account, please subscribe to our channel: <https://www.youtube.com/channel/UCo5yDleyUehY4wZrMhZl8gg>



INSPIRED INSIDER

Summer is the season you exercise for, but now that it's here, how do you keep your health and fitness goals in check without collapsing from the heat? Here are some tips to keep it cool while staying motivated:

- *Keep hydrated.* It's so important to stay hydrated throughout the day during the summer months. You're going to be sweating a lot while working out, so your body needs those fluids before you even get to the studio.
- *Wear cool clothing.* Dress in lightweight workout clothes that are breathable. Choose moisture-wicking fabrics and consider clothing that has a looser fit to provide more comfort during those hot days.
- *Adjust your body temperature.* Hop into a cold shower or cool your neck/head with an ice pack before your workout. This will lower your core temperature so that your workout is more tolerable.
- *Refuel with fruit.* Fruits such as grapes, watermelon and cantaloupe are 80% water and are a tasty way to replenish your fluids and boost your energy after a workout.

You can also turn the rising temperature to your advantage at a Yoga class. When your body temperature is up, you can go deeper into a pose which will enhance your flexibility. Our Yoga classes with Renée are offered every Tuesday from 6:15 to 7:00 pm.

As always, we encourage you to listen to your body. You may find that your level of intensity changes with extreme heat and that's okay! We want you to stay safe and healthy when it's hot outside. If the heat starts to become unbearable during a workout, dial back your intensity or take some time to rest and rehydrate.

We will do our best to keep the studio as cool as possible during these hot summer months, but be prepared to get in a solid sweat session!

Product orders for this session go in on Friday, July 13th & Friday, August 10th.

NOTICE OF SUMMER SHUTDOWN

The studio will be closed for summer holidays for one week beginning on Monday, August 27th. Classes and training sessions will resume on Tuesday, September 4th. During the shutdown, you can always tune in to our YouTube channel and challenge yourself with some great workouts!

SHRED FAT, BUILD MUSCLE, TONE UP & HAVE FUN AT SUMMER OUTDOOR BOOT CAMP

We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly, make fitness fun! At **Summer Outdoor Boot Camp**, participants will be inspired to work hard, sweat and get results with a focus on all components of exercise – total body strength, muscle endurance, speed/agility, flexibility, balance, power and cardiovascular ability. This class is a total body workout focused on working hard and pushing your body to its limit and will incorporate strength and cardio segments that will increase your metabolic rate and help burn fat.

This eight-week session will take place starting on **Tuesday, July 3rd at 7:10 pm** at the Stratford Festival Archives parking lot (right beside Inspired by Fitness).



CONNECT WITH YOUR BODY WHILE CONNECTING WITH YOUR BABY AT MOMMY & ME FITNESS CLASSES

Mommy & Me Fitness Classes are workout savers when you crave the gym but want to keep an eye on your baby. Sherry and Sophia are thrilled to continue on your fitness journey with you at the third installment of these popular fitness classes. Each class is a full body workout designed to improve your core strength, burn fat and build muscle. You can expect to have more energy and flexibility and feel lean, strong and confident. Best of all, you get to have fun with your baby while doing it!

This eight-week session begins on **Wednesday, July 4th at 11:00 am**.



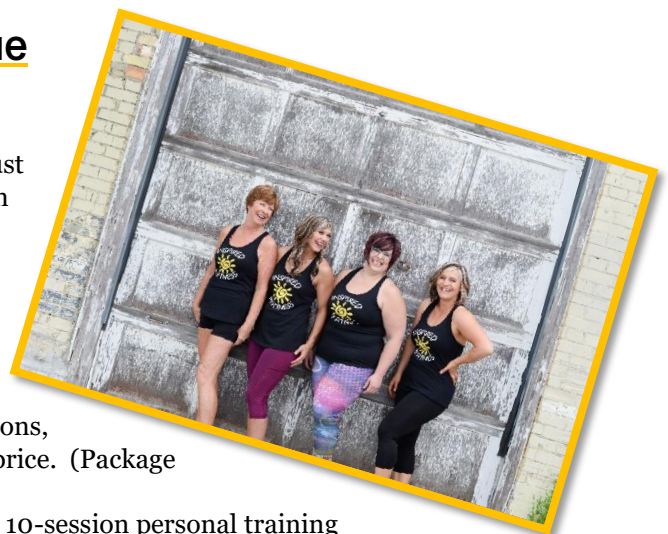
SPREAD THE WORD & TRAIN FOR FREE WITH THE REFER-A-FRIEND REWARDS PROGRAM

Do you know a friend that would benefit from personal training just like you are? Get rewarded with some fabulous fitness perks when you refer them to book a personal training session in July and August with the **Refer-A-Friend Rewards Program**.

Here's how it works:

1. **REFER.** Refer a friend and their first personal training session with us will be 50% off.
2. **RECEIVE.** If your friend purchases 10 personal training sessions, the cost of their first session gets deducted from the package price. (Package must be purchased within 30 days from the first session.)
3. **REAP & REPEAT.** For each of your referrals that purchases a 10-session personal training package, you receive a free personal training session.

Personal training sessions are 30 or 45 minutes in length and include a health & wellness assessment. Promotion applies to current and newly referred personal training clients only. **LIMITED TIME OFFER.**



STRONG BY ZUMBA IS COMING TO INSPIRED BY FITNESS


STRONG by Zumba is a high intensity workout that has put a spin on challenging HIIT exercises by syncing the moves to music. This weekly class will begin on Wednesday, September 5th. We will be holding a FREE DEMO on **Wednesday, August 22nd from 7:10 to 7:55 pm**. Join Tish for this amazing class and put a spark back into your workouts!

The following classes are **cancelled** this session due to instructor holidays:

CORE DE FORCE – July 17th
Bounce – August 2nd & August 9th

INSPIRED BY FITNESS

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The studio will be closed on:
Monday, July 2nd for Canada Day (observed)
& Monday, August 6th for the Civic Holiday.



MATCHA BASIL ICE CREAM



Ingredients:

- 1/2 cup basil, chopped
- 1-1/2 tablespoons organic matcha powder
- 2 14-ounce cartons full-fat coconut milk (or oat, cashew, almond or rice milk)
- 1/4 cup maple syrup (optional)
- 3 tablespoons organic honey

Directions:

Add basil, matcha powder, coconut milk, maple syrup and honey to a blender. Blend until smooth. Pour mixture into an ice cube tray and leave in the freezer overnight. Once frozen, add the ice cubes to a food processor and process until smooth, scraping down the sides as necessary, until the mixture is smooth and the consistency is of soft serve. Serve as is or place in a glass baking dish and then freeze for an additional 1-2 hours until the mixture is firm, then scoop and serve.

Nutritionist Note:

Matcha is a finely ground powder of specially grown and processed green tea leaves. It is rich in antioxidants and has been shown in research to boost metabolism. Matcha powder can be found in most grocery stores in the organic section.

Source:

Shayna's Kitchen