

INSPIRED BY FITNESS

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



July/August 2019 Newsletter

KEEPING YOU CHARGED UP

You can now quickly top off your mobile device while getting in a workout with our new charging station!

Located by the front door of the studio, this multi-port USB charging station can charge any device that utilizes a USB cord (ie., iPhone, Android, Fitbit, tablets, etc.).

At Inspired by Fitness, we know the importance of mobile devices in today's society. Now you can leave the studio with a charged sensation and a charged phone!



INSPIRED INSIDER

We were so excited to finally launch our Inspired by Fitness app powered by WellnessLiving on June 1st. We are confident we have made the best decision for the future of our brand which allows us to connect technology with fitness.

The benefits of this computerized system will allow members to:

- Book fitness classes, workshops and programs in real-time
- View upcoming workouts in one easy place
- Make purchases from us via the online store
- Make changes to personal contact information
- Enable or disable email and SMS text message notifications
- Share reviews about experiences at the studio
- Connect to social media accounts
- View account activity history
- View previous billing/purchases and make account payments

All registered members and pass holders can access their account in the following ways:

1. **On a PC or laptop.** Click [HERE](#) to navigate to our WellnessLiving site and sign-in with your credentials.
2. **Through our website.** Click [HERE](#) to navigate to our website and click on the green BOOK NOW button beside the class(es) you want to register for.
3. **Through Facebook.** Click [HERE](#) to navigate to our Facebook page and click on the blue BOOK NOW button in the top right corner of the page.
4. **Use our cool Achieve app.** For those who like the convenience of an app at their fingertips, our custom Inspired by Fitness Achieve app is the way to go! Available for iOS and Android users, just search for "Inspired by Fitness" in the [Apple App Store](#) or [Google Play](#), download it and book your classes on the go.
5. **Attend the studio in person.** Come to the studio at least 15 minutes before your class is scheduled and your instructor will help you set up your own WellnessLiving profile. You can always register for classes in person or use one of the new options above.

Although pre-registration is not required to attend a class at Inspired by Fitness, it makes for an easy arrival and is appreciated so we can plan the workouts accordingly. Please register for classes at least one hour in advance and remember to cancel online if you are unable to attend.

*Product orders for this session go in on
Friday, July 12th & Friday, August 9th.*

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 program is designed for all fitness abilities.



This eight-week session will take place starting on **Tuesday, July 2nd at 7:10 pm** at the Stratford Festival Archives parking lot (right beside Inspired by Fitness) and will replace Tuesday evening Circuit classes for the duration.

ENJOY FRESH AIR & BABY SNUGGLES WITH MOMMY & ME OUTDOOR BOOT CAMP

We're taking our popular Mommy & Me classes outdoors on Mondays for the months of July and August at **Mommy & Me Outdoor Boot Camp**. Bring baby in a stroller or carrier and enjoy our innovative classes designed to improve your strength, power, agility, balance, cardio and core. Benefit from the camaraderie of other caregivers in your community while getting in a safe, fun and effective workout.

This six-week session will take place starting on **Monday, July 8th at 11:00 am** at the Stratford Festival Archives parking lot (right beside Inspired by Fitness) and will replace regular Monday morning Mommy & Me classes for the duration.



KEEPING UP WITH YOUR FITNESS ROUTINE JUST GOT EASIER

Our **Modified Holiday Fitness Schedule** will keep you moving, motivated and on track with your fitness routine. We are pleased to offer the following classes this session:

- Boot Camp & Stretch will be held on **Monday, July 1st (Canada Day) from 8:30 to 9:30 am.**
- Boot Camp & Stretch will be held on **Monday, August 5th (Civic Holiday) from 8:30 to 9:30 am.**

BRING ON SLEEVELESS SEASON & GET READY TO SAY HELLO TO STRONG, SLEEK ARMS

Work out alongside Sherry to lift, curl, press and push more with challenging moves for your biceps, triceps and shoulders with the **Awesome Arms 7-Day Challenge!** Strengthening your arms muscles will give you the confidence to rock everything from strapless maxis to tiny tanks this summer. Not only will you see gains for your guns, but you'll benefit from enhanced function, improved posture and an increased resting metabolic rate.

This **FREE** 7-day challenge will be held from **Monday, July 8th to Sunday, July 14th.** Join on [Facebook](#) or [Instagram](#).



QUICK FIT TIP

TRAIN YOUR MIND! The mind will give up a thousand times before the body will. The mind is the first thing to stop you or push you forward.


It's all in how you view exercise. If you label it a chore, it will never be fun. If you think of it as "you" time, it becomes more enjoyable!

The following class is **cancelled** this session:

STRONG by Zumba: Wednesday, August 21st

INSPIRED BY FITNESS

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The studio will be **closed** for regular class programming on the following dates:

Monday, July 1st for Canada Day
Monday, August 5th for Civic Holiday



CAROB & CACAO CHOCOLATE COVERED STRAWBERRIES



Ingredients:

- 1/2 cup naturally sweetened carob chips
- 2 tablespoons coconut oil
- 2 tablespoons raw cacao powder
- 14 strawberries

Directions:

1. In a small bowl, melt the coconut oil and carob chips in the microwave or in a sauce pan over low simmering water until melted.
2. Stir in cacao powder.
3. Stir until completely smooth.
4. One at a time, use a skewer in the centre of one strawberry and dip in the chocolate and twirl around to coat.
5. Lay them on a parchment lined or wax paper lined baking sheet.
6. Coat all strawberries once, then coat a second time.
7. Sprinkle on any toppings of your choice and let set in the fridge for 10 minutes to harden a bit.

Source:

Shayna's Kitchen