

INSPIRED BY FITNESS

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



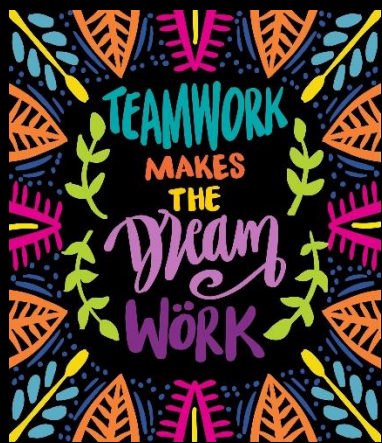
July/August 2024 Newsletter

Welcome Chase & Katlyn

Although we have benefitted tremendously from their presence since April, we wanted to formally welcome Chase Hyde (Personal Trainer) and Katlyn Pass (Fitness Instructor) to Team Inspired!

If you're looking to crush your fitness goals with personal training, let Chase guide you to success.

You can find Katlyn leading some incredible Boot Camp and Butt & Gut classes on Mondays and Tuesdays.



INSPIRED INSIDER

We are absolutely elated to announce that after ten years at our current location on Douro Street, **WE ARE MOVING!!!**

After a few unfortunate events on Douro Street, it became clear that it wasn't going to be the right home for Inspired by Fitness any longer. These issues made it obvious that there would be future challenges, so we decided to find a safer place for our members to tackle their goals.

Our new home is ideally situated in the west end of Stratford at **400 Huron Street** (on the corner of Huron and Forman Streets). We're excited to join our new neighbours K.I.C.K. Masters Karate & Kickboxing, L'Arche Stratford and MRC Wireless in this fantastic building.

When you come to check out our new studio, you'll discover that it has everything you could ever need or want. We're so excited about the new space that we just have to share a few of our favourite features:

- 2,500 square feet of space (that's almost 1,000 square feet more than our current location to work with).
- A cozy waiting room and hang-out space.
- Private rooms for Personal Training and Fascial Stretch Therapy.
- Ample parking on the east side of the building with an overflow lot on the west side.
- An awesome rolling door in the main classroom which will allow us to expand classes to the outdoors in good weather.
- And last, but not least – AIR CONDITIONING!!!

The additional space means the studio can expand with more equipment, programs, workshops and hopefully more members. We've got some great things planned once we get settled in.

During the month of July, we will undergo renovations at the new space. We will then be closed starting on Monday, July 29th for eight days to get all of the equipment moved over and deal with the finishing touches. If you're interested in lending a hand (and getting a sneak peek), get in touch with us.

Our team can't wait to welcome you when we open the doors to 400 Huron Street on **Tuesday, August 6th**, where you'll be motivated to reach new heights on your fitness journey!

*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. These one-hour classes consist of 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 8-week workshop will take place starting on **Saturday, July 6th at 9:00 am** and will replace Saturday 9:30 am Boot Camp classes for the duration.



LEARN HOW TO NOURISH YOUR BODY FOR EXERCISE WITH THE FUEL FOR FITNESS CHALLENGE

The **Fuel For Fitness 5-Day Online Challenge** will help you discover just how simple proper nutrition can be and how you can fit healthy eating into your life no matter how busy you are. If you nourish your body to meet your exercise routine, you will set yourself up to overcome challenges and bring your performance to the next level. By optimizing your nutrition and creating synergy between your nutrition and fitness, you will build momentum that enhances your exercise routine and brings you closer to your goals.

Join Fitness Expert, Sherry Kresky, for this **FREE 5-day challenge** held from **Monday, July 15th to Friday, July 19th**. Join on [Facebook](#) or [Instagram](#).

THESE DEALS ARE SIZZLING – GET ‘EM WHILE THEY’RE HOT

Enjoy some hot savings with our **Sizzling Summer Sale!** We are thrilled to offer a 25% discount on our Inspired FRIEND 20-class pass and/or a 10% discount on our Training Sessions (Personal/Group/Online). This is our biggest sale for classes and training sessions, so don't wait if you want to enjoy some great savings!

This sale will be held for one day only – **Thursday, July 4th**. Visit our [WellnessLiving](#) site to purchase using these discount codes: SIZZFRIEND24 (Inspired FRIEND 20-class pass) and/or SIZZTRAIN24 (training sessions).

CHEERS TO TEN YEARS

Inspired by Fitness is celebrating its 10th anniversary on August 1st. Ten years of making a positive impact on a very special community filled with very special people. Our mission is to inspire you to live fit, elevate yourself to the next level, pursue your goals, and most importantly, keep faith and always believe in yourself. It's been an incredible journey and we're so grateful to have you along for the ride.

We plan to celebrate this milestone anniversary with everyone once we get settled into our new space on Huron Street, so stay tuned for more details!



QUICK FIT TIP

Take the stairs!

By skipping the elevator or escalator, you're allowing yourself to enjoy a cardio burst of exercise that can be just as beneficial as a full cardio workout.

Racing up the stairs is also good for your heart, arguably the most important muscle in the body.

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


Monday, July 1st for Canada Day

Monday, August 5th for Civic Holiday

Monday, July 26th to Saturday, August 3rd for the BIG MOVE

INSPIRED BY FITNESS

 390 Douro Street, Unit #10
Stratford, ON, N5A 3S7

 (519) 276-1066

 info@inspiredbyfitness.ca

 www.inspiredbyfitness.ca



PINEAPPLE COLESLAW



Ingredients:

- 1/2 small head green cabbage, shredded (about 4-5 cups)
- 1/2 red onion, diced
- 2 jalapenos, diced and seeds removed
- 1 cup shredded carrot
- 1-1/2 cups fresh pineapple, diced into 1/4-inch cubes
- 1/2 bunch cilantro, stems and leaves finely chopped
- Juice of 1 lime
- 3 tablespoons white vinegar
- 1 teaspoon salt

Directions:

1. Wash, chop and prep all of the vegetables.
2. Combine all ingredients in a large bowl and mix until everything is well incorporated.
3. Serve as desired; you can serve this immediately, but it is best chilled. Ideally, store in the fridge for 3 hours, preferably overnight.

Nutritionist Note:

As we are not using sugar in this recipe, make sure your pineapple is ripe, juicy and sweet. You'll know when a pineapple is ready to cut once the exterior portion of it smells sweet.

Source:

From My Bowl