

INSPIRED BY FITNESS

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



March/April 2017 Newsletter

MEMBER OF THE SEASON

Inspired by Fitness is pleased to announce Ray Stock as the Spring 2017 Member of the Season. Ray has been a dedicated member of the studio since 2016, and we are so happy that we could help him achieve his fitness goals. Check out our website for Ray's inspiring story this Spring.

Want to become our featured Member of the Season? Share your INSPIRED story with us, and you just may be picked!



INTRODUCING OUR NEW NEWSLETTER FORMAT

Welcome readers to our new newsletter format! This year has already been full of changes. First came our highly successful Mobility Workshop, then our New Year, New You Fitness Challenge and Beginner Boot Camp, and now we are rolling out our new newsletter. We hope you find this format more user-friendly with more substance. Thank you to our readership for your commitment to "Stratford's Favourite Fitness Studio" and following us as we navigate the world of fitness, nutrition, motivation and inspiration. Please email info@inspiredbyfitness.ca if you have any questions or comments.

*Product orders for this session go in on
Friday, March 10th & Thursday, April 13th.*

START YOUR DAY ON THE RIGHT FOOT WITH OUR SECOND MOBILITY WORKSHOP

Due to popular demand, we are thrilled to offer our second Mobility Workshop with Personal Trainer, Troy Hansen.

Throughout this workshop you will focus on mobility, body maintenance and physical well-being with the goal of increasing flexibility, tips for working out and improving quality of life. This workshop will provide a unique perspective on stabilization and stretching while utilizing a variety of poses and apparatuses (eg., bands, rollers and lacrosse balls) to maximize flexibility.

This four-week workshop begins on **Sunday, March 19th until Sunday, April 9th from 9:30 to 10:30 am**. Only five spots are available, so register now!

BECOME YOUR CONFIDENT, SEXY SELF WITH THE COUCH TO CONFIDENT: 12-WEEK TOTAL BODY TRANSFORMATION PROGRAM

This exciting new transformation program begins on **Saturday, March 25th until Saturday, June 19th**. The program includes: 12 fitness classes (one class of your choice per week); 12 group training sessions (Wednesdays

from 6:00 to 6:45 pm beginning on March 29th); three customized nutrition plans (one per month); two fitness consultations to measure change in percent body fat (using calipers, body weight, measurements and before/after photos);



Get fit and feel fabulous, strong & sexy!

Contact Us

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weekly content which may include, but not limited to, videos, recipes, home workouts, fitness and nutrition tips; fun group accountability; exclusive access to our private Facebook group; and, an optional photo shoot after the final weigh-in day. You will also receive personal guidance from our Certified Fitness Professional and Personal Trainer, Sherry Kresky, to help you transform into becoming your confident sexy self!

All of the items above would add up to a total value of \$1,050.00, but we are delighted to offer this whole program for **\$499.00** for non-members and **\$299.00** for members!

Themed Spin classes are a great way for you to try out this exercise craze! Join the Shamrock Shake Spin Special on March 18th and the Eggcellent Easter Spin Special on April 8th.

SPRING INTO A NEW YOU AT THE FIRST WOMEN'S WELLNESS DAY FEATURING INDUSTRY EXPERTS SHERRY KRESKY, PASQUA PAOLA & NICOLE STAFFEN

Join us for an inspiring day of camaraderie, inspiration and fun on **Sunday, April 2nd from 8:30 am to 2:30 pm**. Women's Wellness Day offers you a way to connect with other like-minded women, learn about health and personal well-being and refresh your mind, body and spirit!

Participate in four fun-filled fitness classes (Zumba, Butt & Gut, Bounce with Kangoo Jumps, Yoga), listen and learn from industry experts about current Spring hair styles and fresh new make-up trends, restore and replenish with a massage, refuel with custom protein shakes and a healthy lunch from Sirkel, receive tips on how to prepare healthy snacks, have a chance to receive amazing door prizes and leave with a fabulous swag bag.

LIGHT UP THE STUDIO WITH COLOUR AT OUR THIRD ANNUAL INSPIRED BY COLOUR WEEK

From **Tuesday, April 18th to Saturday, April 22nd**, wear bright colours to your favourite fitness classes to celebrate life, health, fitness and fun!

You will have a chance to win daily door prizes when you submit a ballot by either wearing bright colours or making a donation to the Stratford/Perth Hospice Project.

SET YOURSELF UP FOR SUCCESS WITH THE LEARN TO RUN CLINIC

In this six-week clinic, you will learn proper running techniques and training tips. Beginners are encouraged; however, this session is also a great motivator and group dynamic for seasoned runners too. Sign up with a friend or meet a running partner!

This clinic begins on **Wednesday, April 26th at 7:15 pm**.

An Inspired by Fitness performance top is also included in the price.



Don't miss out on our Monthly Saturday Zumba Specials which will be held on March 25th and April 22nd!

JOIN TEAM INSPIRED'S RUGGED MANIACS AS THEY TRAIN FOR THE EVENT ON JUNE 3RD

Even if you aren't able to participate in the Rugged Maniac event on June 3rd at Chicopee Ski Resort in Kitchener, these training sessions are a great way to get in a workout which will include: hill training; body weighted exercises (calisthenics); partner exercises; core; legs; cardio; running; pulling; crawling; hopping; jumping; laughing; and, so much more! Everyone is welcome (even cheerleaders!). All exercises can be adapted for any fitness level.

The sessions will be held rain or shine on **Saturdays (April 29th, May 13th and May 27th) from 11:00 am to 12:00 pm** at Stratford Central School. Make sure to bring water, outdoor running shoes and fitness attire (that you won't mind getting dirty if it's a little muddy or rainy out).

On St. Patrick's Day (Friday, March 17th), come to class decked out in Green or your favourite Shamrock frocks!

GET FIT, GET STRONG, LOSE WEIGHT AND GET RESULTS WITH PERSONAL TRAINING

Workout with a personal trainer and achieve your goals three times faster! Work one-on-one with your trainer through a customized fitness routine geared for you and your goals. Sessions may include Boot Camp style exercises, strength & conditioning, and cardiovascular & agility exercises. Hiring a personal trainer is an excellent way to keep motivated and accountable. Together you will set goals, exercise in a positive atmosphere and feel amazing. Invest in yourself; invest in your health. **Don't delay, book your sessions today!**

INSPIRED BY FITNESS

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*The studio will be closed on
April 14th, 15th & 17th for Easter.*



MIXED BERRY SHAKE

Ingredients

- One serving Kaizen® Naturals Vanilla Protein
- 1/2 cup blueberries
- 1/2 cup strawberries
- Ice
- 1/2 cup skim milk or unsweetened almond milk



Directions

1. Add all ingredients to blender.
2. Blend on high until desired thickness is achieved.
3. Add water as needed.

Nutritional Information

Calories: 120	Fiber: 1g
Fat: 2g	Sugar: 1g
Cholesterol: 60g	Protein: 24g
Sodium: 65g	Calcium: 10%
Carbohydrates: 3g	Iron: 2%

Recipe created by Inspired member, Kim Tune