

INSPIRED BY FITNESS

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



March/April 2020 Newsletter

WELCOME SWEET BABY SAMANTHA

We are thrilled to welcome the beautiful Samantha Anne Wilson to Team Inspired!

Sam arrived on Tuesday, December 17th at 10:54 am weighing in at 6 pounds, 14 ounces.

Congratulations, Sherry and Paul – we are delighted for you and your wonderful family!



INSPIRED INSIDER

Your physical health is one of the best investments you can make. Taking the time and energy to stay fit increases longevity and reduces the risk for cardiovascular disease. It's also known to reduce stress, obesity and high blood pressure. Plus, it makes you look good!

A membership at Inspired by Fitness gives you access to incredible fitness classes that help you achieve your goals. We have a roster of different classes to suit any fitness style, and they're all included in your membership so you can try them all to find the right fit. From Yoga to Boot Camp to Zumba, there's something for everyone. It's easy to stay motivated when you're led by inspirational instructors and surrounded by people with the same fitness goals as you. Plus, our members receive a 20% discount on select workshops and programs!

We feel there are four key components that need to be taken into account if you're going to create a fitness routine that you won't give up on:

1. **Fun.** You have to enjoy what you're doing, or you won't stick with it.
2. **Connection.** Get to know the people around you and you'll feel more accountable.
3. **Comfort.** Find something that works for you and your schedule.
4. **Value.** If you are serious about your fitness goals, you should be less concerned about the cost of membership and more concerned finding a place that meets your needs and lifestyle.

If you're not already a member, head to our [website](#) and sign up today!

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

RISE & SHINE WITH MORNING YOGA

We are so excited to offer an additional weekly Yoga class at the studio starting on **Tuesday, March 5th from 9:10 to 9:50 am.**

No matter your knowledge or experience, we welcome you to grow your yoga at Inspired by Fitness. Join our Yoga Instructor, Whitney Green, to discover the many benefits of yoga and grow your practice with us.

Some health benefits of yoga in the morning include: bring about better sleep; balance hormones; boost metabolism; tone up; reduce the need for caffeine; make your body energized; improve flexibility; ease pain.

BOND WITH YOUR LITTLE ONE IN A FUN & HEALTHY WAY

We know your life, and your body, have changed, and we think that's awesome! But we also know it's a little overwhelming. We want to show you just how strong you are so you can have the confident, vibrant motherhood of your dreams! Our **Mommy & Me Boot Camp** will lay the foundation to be your strongest and healthiest self. You'll feel happier, which will make everything about being a new mom easier! You can expect a great workout consisting of cardio, muscular endurance, postnatal-specific core work and flexibility. Led by Personal Training Specialist, Sherry (also a mother of two), this workout is the perfect way to further bond with your baby while getting fit in an encouraging and safe environment. Children under one year of age preferred; mummies of any age.



This eight-week workshop will begin on **Wednesday, March 4th from 11:00 to 11:45 am.**



PREPARE TO FEEL THE BURN AND GET LASTING RESULTS

Work out alongside Sherry and get ready to sweat and she demonstrates her favourite heart-pumping exercises that you can incorporate into your daily fitness routine with the **Cardio Blast 5-Day Challenge!** In just five days, you will challenge your cardiovascular endurance with equipment-free, bodyweight exercises designed to slim you down, tone you up and burn off some extra calories.

This FREE 5-day challenge will be held from **Monday, March 16th to Friday, March 20th.** Join on [Facebook](#) or [Instagram](#).

FIND YOUR POT OF GOLD AT INSPIRED

We want to share the luck of the Irish with you at our **St. Patrick's Day 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 – **Tuesday, March 17th.** Visit our [WellnessLiving](#) site to purchase using these discount codes: STPATSFRIEND20 (Inspired FRIEND 20-class pass) and/or STPATSTRAIN20 (training sessions).

INSPIRE TO BE BRIGHT AT INSPIRED BY COLOUR WEEK

Celebrate health, fitness and life by wearing your bright colours to the studio for **Inspired by Colour Week!** It's also an opportunity for us to raise some much-needed funds and awareness for a great cause.

Once again, we will be raising funds for the Stratford Perth Rotary Hospice.

- Every donation made to the Hospice will gain you an entry for a fabulous door prize.
- Spread your donation out over the week to increase your chances of winning!
- We will also be donating all class drop-in fees that week to the Hospice.

This week-long fundraising event will be held from **Monday, April 13th to Saturday, April 18th.**



ST. PATRICK'S GREEN DAY

Shake your shamrocks with us on **Tuesday, March 17th** for St. Patrick's Green Day!


Put on some kelly green and jig your way into the studio for some lucky classes: Boot Camp at 6:00 am, Butt & Gut at 9:00 am, Spin at 12:15 pm, Tabata at 5:20 pm, Yoga at 6:15 pm and Circuit at 7:10 pm.

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

Friday, April 10th for Good Friday

INSPIRED BY FITNESS

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The following classes are **cancelled** this session:

STRONG by Zumba:

March 25th, April 8th, April 15th – 7:10 to 7:55 pm



SHAMROCK SHAKE SMOOTHIE



Ingredients:

- 1 frozen large banana, sliced
- 1 cup spinach
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup low-fat milk
- 1/3 cup packed fresh mint leaves (plus more for garnish)
- 4 ice cubes
- Kiwi slices for garnish

Directions:

1. Combine banana, spinach, yogurt, milk, mint and ice in a blender. Blend until smooth.
2. If you like, cut kiwi slices into shamrock shapes and thread onto a skewer.
3. Serve the smoothie garnished with the kiwi and mint, if desired.

Nutritionist Note:

This smoothie uses fresh spinach and juicy kiwi to achieve the fun and festive colour we all love. Using fresh mint makes this smoothie extra minty and refreshing.

Prep Time:

5 minutes

Source:

Eating Well