

# INSPIRED BY FITNESS

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



May/June 2018 Newsletter

## GUT HEALTH

We are what we absorb!  
And to absorb, we need a  
healthy gut.

70-80% of your immune system tissue is located in your digestive system! That's why it is so important to ensure that you are supporting your gut for increased energy, ability to fight colds and flu, and to keep your energy levels at their optimal capacity.

Book an appointment with Paul, our Certified Precision Nutritionist, to make an actionable plan to get your body back to optimal gut health!



## INSPIRED INSIDER

We are so excited to be rolling out some new programming starting in the May/June session! And since there's so much to cover, we're going to keep this section short and get right to business. But first, we want to take the opportunity to extend our sincere appreciation to all of our devoted Inspired members – without your support, we wouldn't be able to keep on doing what we love to do! Thank you for making it all worthwhile!

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*Product orders for this session go in on  
Friday, May 11<sup>th</sup> & Friday, June 8<sup>th</sup>.*

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## YOUR COUNTDOWN TO A KNOCKOUT BODY IS COMING TO INSPIRED BY FITNESS

We are thrilled to be the first place in Stratford to offer CORE DE FORCE! It's the ultimate MMA-inspired workout that will knock out the belly fat, help slash inches off your waist and carve total body definition. These weekly classes will be held on **Tuesdays from 5:20 to 6:05 pm beginning on Tuesday, May 1<sup>st</sup>**, and will be led by our new Fitness Instructor, Julie Witzel. Welcome to #TeamInspired, Julie!

## INTRODUCING FIT CAMP

Led by our amazing Personal Trainer & Fitness Instructor, Alicia, Fit Camp is designed for the intermediate fitness enthusiast who wants to take their fitness to the next level. (Think of this class as a middle ground between Beginner Boot Camp and our traditional Boot Camp classes.) These weekly classes will be held on **Wednesdays from 6:15 to 7:00 pm beginning on Wednesday, May 2<sup>nd</sup>**.

## ANOTHER MONDAY NIGHT BOOT CAMP

Ahhh, Mondays! Back to reality, back to the grind, back to the gym! With Mondays being the busiest day at the studio for evening Boot Camp classes, we will now be offering two times for you to get your workout in! Starting on **Monday, May 7<sup>th</sup>**, Sherry will lead the **5:20 to 6:05 pm** class, and Alicia will lead the **7:10 to 7:55 pm** class. Make sure you register soon to save your spot at these highly sought-after classes!

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*Yoga classes for this session  
will begin on Tuesday, May 15<sup>th</sup>.*

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## GET MOVING ON YOUR LUNCH HOUR

Join us EVERY WEEK DAY (Monday thru Friday) from **12:15 to 12:45 pm** to get in shape fast with fresh and fun workouts. Boot Camp on Mondays, Spin on Tuesdays and Thursdays, Butt & Gut on Wednesdays and Circuit on Fridays. All classes are designed to work every part of your body and tailored to meet all fitness abilities. This new schedule will begin on **Tuesday, May 1<sup>st</sup>**.

## BUTT & GUT IS COMING TO MORNING CLASSES

Our member-favourite Butt & Gut class is coming to Morning Classes! Butt & Gut includes a combination of glute and abdominal exercises that target these particularly troublesome areas. This weekly class will start on **Tuesday, May 1<sup>st</sup> from 9:00 to 9:45 am** and will replace Spin.

## GET FIT WITH THE BEST LITTLE PARTNER OF ALL – YOUR BABY

Are you a parent/caregiver looking for a fitness class you can bring your baby to? Mommy & Me Fitness Classes are a great way to get in a workout AND attend to baby's needs at any time! Join Sherry and Sophia for innovative full body workouts designed to jumpstart weight loss. Bond with your baby while connecting with other parents/caregivers in the community. This eight-week program begins on **Wednesday, May 2<sup>nd</sup> from 11:00 to 11:45 am**.

## SET YOURSELF UP FOR SUCCESS WITH THE LEARN TO RUN CLINIC

Whether you're a beginner or a seasoned runner, our Learn To Run Clinic is sure to inspire you! Meet like-minded individuals, receive coaching from our Fitness Instructor and running enthusiast, Joan, and get motivated to hit the pavement. This six-week clinic begins on **Wednesday, May 2<sup>nd</sup> from 7:10 to 7:55 pm**.

## CHECK IN ON YOUR GOALS WITH THE SUMMER SLIMDOWN FITNESS CHALLENGE

Challenges are a fun way to hold yourself accountable to achieving your goals, with help from us along the way. You will also have the chance to win half of the pool collected from registration entry fees! All participants must participate in at least one class per week (additional fee). This six-week challenge begins on **Saturday, May 12<sup>th</sup>**.

## TRAIN LIKE A RUGGED MANIAC

Join #TeamInspired's Rugged Maniacs as they train for the event which will take place on June 9<sup>th</sup>. Even if you aren't able to participate in the actual event, this is 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. We will be holding three training sessions **from 11:00 am to 12:00 pm on Saturday, May 12<sup>th</sup>, Saturday, May 26<sup>th</sup> and Saturday, June 2<sup>nd</sup>**. All sessions will take place at Stratford Central School – rain or shine!

## BACK BY POPULAR DEMAND – ADVANCED WEIGHT TRAINING

Due to the popularity of our Advanced Weight Training workshop, we are thrilled to offer our advanced fitness enthusiasts another chance to take their training to the next level. This six-week workshop, led by Sherry, will begin on **Thursday, June 14<sup>th</sup> from 5:20 to 6:05 pm**. Register now to save your spot!

## SHOW YOUR PRIDE FOR OUR HOME & NATIVE LAND

Canadian Pride Days are coming! On **Friday, June 29<sup>th</sup> and Saturday, June 30<sup>th</sup>**, come to your favourite fitness class decked out in red & white or your special Canadian attire to help celebrate Canada's 151<sup>st</sup> birthday.

## SO-LONG TO SATURDAY SPIN & MONTHLY ZUMBA SPECIALS

It's not goodbye; it's see you later! We've decided to give Julie and Tish their weekends back and are putting 11:30 am Saturday Spin classes and the Monthly Saturday Zumba Specials on hiatus. If you need your Spin-fix, you can always join a Lunch Class from 12:15 to 12:45 pm on Tuesdays and Thursdays. And your Zumba-fix can be satisfied on Mondays from 6:15 to 7:00 pm, Wednesdays from 10:00 to 10:30 am and/or Thursdays from 10:30 to 11:00 am. We will hold **one last Monthly Zumba Special on Saturday, May 26<sup>th</sup> from 8:30 to 9:15 am.**

## INSPIRE TO DO MORE AT A COMMUNITY EVENT


There are some amazing community events coming up in May/June. Hike for Hospice Palliative Care will take place on **Sunday, May 6<sup>th</sup>**. Relay For Life Stratford will take place on **Friday, June 1<sup>st</sup>**. Hog Jog will take place on **Wednesday, June 20<sup>th</sup>**. Check out our [website](#) for more details and take that extra step to get involved!

## WOULD YOU DO US A FAVOUR?

Positive reviews from our awesome members help others to feel confident about coming to Inspired by Fitness. Could you take a few seconds to give us a quick review on Facebook? We would be forever grateful!

## INSPIRED BY FITNESS

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*The studio will be closed on:  
Monday, May 21<sup>st</sup> for Victoria Day*



### BLUEBERRY BLISS SMOOTHIE



#### Ingredients:

- 2 cups of cashew, coconut or almond milk
- 1/4 cup of kefir (if dairy-free, you can empty out the capsule of a non-dairy probiotic supplement into the smoothie)
- 6 tablespoons of hemp seeds
- 1 banana
- 3/4 cup of fresh or frozen blueberries
- 2 tablespoons of chia seeds

#### Directions:

Blend and serve. Add chia seeds at the very end to ensure it is easy to drink.

#### Nutritionist Note:

This smoothie is an easy way to get a great hit of plant-based protein to fuel your day and a healthy dose of probiotics to support your gut health.

#### Source:

Kathy Smart – Registered Holistic Nutritionist