

# INSPIRED BY FITNESS

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



May/June 2019 Newsletter

## SUN, FUN & FITNESS: 7-DAY LUXURIOUS CARIBBEAN RETREAT

At Inspired by Fitness, we believe that women deserve to prioritize themselves and take a breather from their hectic schedules.

At our Sun, Fun & Fitness: 7-Day Luxurious Caribbean Retreat, you will experience the perfect combination of fitness and spirit to revitalize your body, mind and soul.

Fun, fitness, adventure, education, friendship and relaxation await you! Contact us today!



## INSPIRED INSIDER

**We are excited to announce that our studio is growing!** Over the past two years, Inspired by Fitness has seen many exciting changes! We have more than tripled our membership base as we added three new personal trainers, three new fitness instructors and ten new class times. We have recently completed a studio expansion that boasts a new training room and private consultation area. And, we have almost doubled the equipment in the studio, from kettlebells to medicine balls to treadmills to punching bags and so much more. **What hasn't changed is our 100% commitment to quality!** We promise to always provide you with a one-of-a-kind experience where you will find personalized attention, high quality instruction, a welcoming community, and most importantly – results!

On May 1<sup>st</sup>, we will be changing the way we price our sessions and memberships for fitness classes. Say goodbye to the confusing session and membership pricing and say hello to a streamlined membership system! This new method will help us simplify our business as we switch over to a computerized booking/payment system, and best of all, it will help you commit to your fitness goals! The new rates will be:

- **Inspired ADDICT:** \$80.00 + HST per month for unlimited fitness classes\* / 12-month contract & automatic withdrawal every month for 12 months
- **Inspired ELITE:** \$100.00 + HST per month for unlimited fitness classes\* / 6-month contract & automatic withdrawal every month for 12 months
- **Inspired VIP:** \$120.00 + HST per month for unlimited fitness classes\* / 3-month contract & automatic withdrawal every month for 12 months
- **Inspired INSIDER:** \$150.00 + HST per month for unlimited fitness classes\* / no contract & one-time payment
- **Inspired FRIEND:** \$340.00 + HST for 20 fitness classes\* / no contract & one-time payment / expires 120 days after purchase
- **Inspired ACCESS:** \$20.00 per fitness class\* / no contract & one-time payment

\* Workshops/programs/clinics/events are priced separately and will not be included in the new membership system.

We are so excited to roll out these new changes, and as always, we appreciate your loyalty & support!

*Product orders for this session go in on Friday, May 10<sup>th</sup> & Friday, June 14<sup>th</sup>.*

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

Designed and led by an experienced runner and fitness instructor, the six-week **Learn To Run Clinic** will introduce techniques to run safely and minimize injury. Perfect for beginners who want to learn the basics of running and a great motivator for experienced runners who want to improve speed and distance.

This clinic begins on **Thursday, May 2<sup>nd</sup> from 7:10 to 7:55 pm.**



## SUMMER IS ALMOST HERE – TIME TO CHECK IN ON YOUR GOALS WITH THE SUMMER SLIMDOWN FITNESS CHALLENGE

The six-week **Summer Slimdown Fitness Challenge** will keep you accountable and striving for more with help from us along the way. It's a fun and excellent way to hold yourself accountable to achieving your goals, and you will have a chance to win half of the pool collected from registration entry fees! All participants must participate in at least one Inspired by Fitness class per week (price in addition to challenge registration fee).

This challenge begins on **Saturday, May 11<sup>th</sup>.**



## TRAIN LIKE A RUGGED MANIAC

Join Team Inspired's Rugged Maniacs as they train for the event which will take place on June 1<sup>st</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 two training sessions **from 11:00 am to 12:00 pm on Saturday, May 11<sup>th</sup> and Saturday, May 25<sup>th</sup>.** All sessions will take place at Stratford Central School Flats – rain or shine!

## PUMP IT UP AT ADVANCED WEIGHT TRAINING

For our advanced fitness enthusiasts, there are few things that provide more inspiration than increasing their major lifts by roughly 25%! Our **Advanced Weight Training** workshop, designed and tested by our Personal Trainer, Sherry Kresky, will push you to move more weight and put in the work. This six-week workshop is divided into three phases which provide a different focus to keep the gains coming. Expect to work all of your major muscle groups in a controlled, safe and fun environment while developing the ability to listen to your body and measure its progress.

This workshop begins on **Friday, May 24<sup>th</sup> from 5:20 to 6:05 pm.**

## GET INVOLVED & GIVE BACK WITH A COMMUNITY EVENT

The **Stratford-Perth Mandarin MS Walk** will be held on **Sunday, May 5<sup>th</sup>** at 10:00 am at Stratford Central School. **Relay For Life** in support of the Canadian Cancer Society will be held on **Friday, May 31<sup>st</sup>** from 6:30 to 11:00 pm at Stratford Central School Track.



## SHOW YOUR PRIDE FOR OUR HOME & NATIVE LAND

Canadian Pride Days are coming! On **Friday, June 28<sup>th</sup>** and **Saturday, June 29<sup>th</sup>**, come to your favourite fitness class decked out in red & white or your special Canadian attire to help celebrate Canada's 152<sup>nd</sup> birthday.

### Classes on Friday, June 28<sup>th</sup>:

- Circuit at 9:00 am & 12:15 pm
- Advanced Weight Training at 5:20 pm

### Classes on Saturday, June 29<sup>th</sup>:


- Boot Camp at 9:30 am

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

**STRONG by Zumba:** Wednesday, June 26<sup>th</sup>

## INSPIRED BY FITNESS

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The studio will be closed for Victoria Day on  
Monday, May 20<sup>th</sup>.



## GRAPEFRUIT RADICCHIO FENNEL SALAD



### Ingredients:

- 1 pink grapefruit
- 1 navel orange (optional)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 4 cups thinly sliced fennel bulb
- 4 cups thinly sliced radicchio
- 1/2 cup thinly sliced red onion
- 1/2 teaspoon sea salt
- Fresh dill, chopped
- 1 cup croutons

### Directions:

1. Peel and section grapefruit and orange over a bowl. Squeeze membranes to extract juice. Set sections aside. Reserve 3 tablespoons juice. Discard membranes.
2. Combine juice, oil, vinegar and honey in a large bowl. Add fennel, radicchio, onion and dill. Toss to coat.
3. Cover and let stand for 30-60 minutes.
4. Top with orange and grapefruit sections. Sprinkle evenly with salt.
5. Let the salad stand at room temperature for at least 30 minutes before serving. This allows the dressing to penetrate the vegetables and tenderize them for a bit less aggressive crunch.

### Source:

Shayna's Kitchen