

# INSPIRED BY FITNESS

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



November/December 2020 Newsletter

## INSPIRED TO-GO ONLINE CLASSES STILL AVAILABLE

During our 4-month shutdown, we were able to provide 87 free online fitness classes! These classes remain archived on our Facebook page and YouTube channel.

If you can't make it to the studio (or if the studio is closed down for a stat holiday), Inspired To-Go offers the next best thing: online streaming of inspiring workouts that will keep you moving, motivated and on-track with your fitness routine.

Classes available include: Body Sculpt, Boot Camp, Butt & Gut, Circuit, Tabata, TripleFIT, Weights and Yoga.



## INSPIRED INSIDER

Navigating through the coronavirus pandemic has presented our little fitness studio with some unique challenges. But with every challenge comes a silver lining and the opportunity to improve our operations for sustained health and safety. As always, we will continue to monitor the situation and adjust our operations to provide the safest environment possible for our members and staff.

And now, with a second wave of the virus upon us, we thought it would be prudent to remind our community of some of our key safety standards. (Our full response can be found on our website.)

1. All members must utilize WellnessLiving to register for fitness classes. Not only will this allow our team to set up classes properly, but it will allow for contact tracing in the event of a reported case of COVID-19 at the studio.
2. Sign up for classes on WellnessLiving at least one hour before the start of class. Class size is limited to 10 participants per class.
3. If you are unable to attend a class, please cancel on WellnessLiving at least two hours prior to the start of class; otherwise, you will be charged a \$10.00 cancellation fee.
4. Arrive to your class or training session at least 5 minutes prior to the scheduled start time. We will not allow entry beyond the start of classes.
5. Masks must be worn at all times while in common areas of the building and studio. Temporary removal of masks is permitted only while actively engaging in your fitness class or training session.
6. Physical distancing practices (ie., six feet apart) must be observed at all times.
7. Everyone entering the studio is required to sanitize their hands with the provided hand sanitizer.
8. Bring only the necessities into the studio. No personal items are allowed to stay in the studio after you leave.
9. After your class has ended, please re-mask, sanitize your hands, then use the provided spray/wipes to clean your equipment. Leave equipment out for the instructor to disinfect again and put away.

We would like to thank our amazing members for the way you have all embraced our new safety protocols. The feeling of camaraderie and community is infinitely more motivating than any online fitness class can replicate. Stay safe and take care of yourself and each other!

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*Product orders for this session go in on Friday, November 13<sup>th</sup> & Friday, December 11<sup>th</sup>.*

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## PUMP IT UP AT ADVANCED WEIGHT TRAINING

With expert supervision and instruction, our **Advanced Weight Training** workshop will improve your results as it will ensure you practice proper technique and follow safety principles. This six-week workshop, which is divided into three phases, is designed to aggressively work your muscle groups to create a well-balanced and sculpted physique.

Once you have established a base of strength training experience, you will be ready for more advanced movements to continue improving and maximize your time spent working out. Advanced training techniques will be introduced to keep your muscles guessing and shock them into achieving new levels of results in a controlled, safe and fun environment.

This workshop begins on **Friday, November 6<sup>th</sup> from 5:15 to 6:15 pm.**



## BLACK FRIDAY SAVINGS

Our **Black Friday Sale** returns for one day only – **Friday, November 27<sup>th</sup>**. 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 – spoil yourself or give the gift of fitness to a loved one!

Visit our WellnessLiving site to purchase using these discount codes: BLACKFRIDAYFRIEND20 (Inspired FRIEND 20-class pass) and/or BLACKFRIDAYTRAIN20 (training sessions).



## GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON

Finding the perfect present for a loved one isn't always easy, so why not choose a gift that keeps on giving? An Inspired by Fitness **Gift Certificate** is more than just a stocking stuffer – it's a chance to work out together, to discover something new and maybe even to change a life by opening the door to health and wellness.

Our wide range of offerings mean that whether you are buying for a spouse, parent, sibling, fitness enthusiast or total beginner, they are sure to find something they love. Plus, gift certificates can be used for our awesome merchandise, workshops and more!

Available on our WellnessLiving site or in-person at the studio.

## CLASS SPOTLIGHT – BODY SCULPT

This energetic, total body, fat-melting class will help you achieve your best results in sculpting the body you want. Do you want to be leaner, more toned and stronger? Then this challenging mobility & stability class is for you! This body sculpting class involves performing a series of repetitive exercises using your body weight as well as resistance bands and dumbbells. It's a non-aerobic class focused on overall body strength in an energetic, friendly and fun group atmosphere. The end of the class will place an emphasis on soothing stretches for a lean and limber body.

Body Sculpt is currently offered on Thursdays from 5:20 to 5:50 pm.



## HOLIDAY RED & GREEN DAY

Get into the Christmas spirit by coming to the studio on **Wednesday, December 23<sup>rd</sup>** decked out in your favourite holiday attire.

Our holly-jolly schedule includes:

- Weights at 9:00 am
- Low Impact Body Blast at 10:00 am
- Butt & Gut at 12:15 pm
- Weights at 5:20 pm
- TripleFIT at 6:15 pm
- STRONG Nation at 7:10 pm

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

*Thursday, December 24<sup>th</sup> for Christmas Eve*

*Friday, December 25<sup>th</sup> for Christmas Day*


*Saturday, December 26<sup>th</sup> for Boxing Day*

*Thursday, December 31<sup>st</sup> for New Year's Eve*

*The studio will also be closed on January 1<sup>st</sup> & 2<sup>nd</sup>*

## INSPIRED BY FITNESS

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## SWEET & SPICED WILD SALMON



### Ingredients:

- 3 organic dates
- 3 tablespoons olive, walnut or avocado oil
- 4 teaspoons chili powder
- 2 teaspoons cayenne pepper
- 2 teaspoons grated lemon zest
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 4 salmon filets (4 ounces each)

### Directions:

1. Combine the chili powder, cayenne pepper, lemon zest, cumin, salt and cinnamon on a plate big enough to hold the salmon. Set aside.
2. Blend the dates and oil in a food processor until the dates have dissolved into the oil.
3. Rub dates/oil mixture all over the salmon filets and then dip into the spice mixture to coat.
4. Place salmon filets in an 11x7 baking dish coated with organic oil.
5. Bake uncovered at 350F until fish flakes easily with a fork (about 15-20 minutes).

### Source:

Shayna's Kitchen