

# INSPIRED BY FITNESS

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



November/December 2024 Newsletter

## YOUR VOICE MATTERS

We're always looking to enhance your experience at Inspired by Fitness.

Our new suggestion box is a valuable tool for us to hear your voice in a confidential way.

We encourage you to share any ideas, feedback or requests you may have. Whether it's about class variety, individual needs, general concerns or overall improvements to the studio, your input is crucial.

By contributing to the suggestion box, you help us create the ultimate fitness environment tailored to your needs and preferences.

MAKE A

*Difference*

Offer A Suggestion

## INSPIRED INSIDER

As the winter chill sets in, it can be tempting to skip your workouts and hibernate at home. However, heading to the studio can keep you motivated and on track with your fitness goals. Here are some seasonal tips to help you make the most of your winter workouts at the studio.

**Embrace the Group Energy:** Winter can feel isolating, but coming into the studio offers a community atmosphere. The energy of fellow participants and instructors at our fitness classes can keep you motivated and inspired to push yourself harder and stick to your routine.

**Mix Up Your Routine:** Winter is the perfect time to mix up your workout regimen. Explore different classes like Zumba, Spin or POUND Unplugged. Mixing it up not only keeps things fresh but also works different muscle groups, preventing workout boredom.

**Stay Consistent with Class Schedules:** As the holidays approach, schedules can get hectic. Prioritize your fitness by blocking out time for classes in your calendar. Treat these appointments as non-negotiable commitments to ensure you stay on track.

**Stay Hydrated:** It's easy to forget to hydrate in the winter when you're not sweating as much. Remember to drink water before, during and after your workouts. Staying hydrated aids performance and recovery.

**Set Seasonal Goals:** Use this time to set specific fitness goals for the winter months. Whether it's increasing your endurance, mastering a challenging yoga pose or lifting heavier weights, having clear objectives can keep you focused and motivated.

**Utilize Studio Resources:** Take advantage of the resources we offer. Book a health and wellness assessment to get personalized advice or discover the benefits of a fascial stretch therapy session. Our diversified offerings can enhance your experience.

**Celebrate Your Progress:** Acknowledge your commitment to staying active and reward yourself with something special, whether it's new workout gear or a relaxing day off.

Winter doesn't have to derail your fitness journey. With the right approach, you can make the most of your studio workouts and come out stronger by Spring. Here's to a fit and fabulous Winter!

*Stock up on your supplements today!*

*Protein Powder, Amino Cuts, Grenade Bars always readily available*

## IT PAYS TO HAVE FRIENDS AT INSPIRED BY FITNESS

How does FREE MEMBERSHIP TIME sound to you? In grateful recognition for your referrals, we are thrilled to bring back our **Refer-A-Friend Rewards Program** for Inspired ADDICT members. Participating in the program is easy!

1. **REFER.** Refer friends, family members or co-workers to the studio, and if they sign up for an Inspired ADDICT membership, you will be rewarded.
2. **RECEIVE.** After your friend signs up for an Inspired ADDICT membership, we will credit your WellnessLiving account with two free months. That's a savings of over \$180!



This is a limited time offer for the month of November; rules and regulations will apply. Visit our [website](#) for more details. We hope our rewards program shows our valued members the appreciation we have for your support and thinking of our business. It's members like you who make our studio special and help create the warm and friendly atmosphere we are known for. Our members are the key to our continued success!

## BLACK FRIDAY SAVINGS

Our **Black Friday Sale** returns for one day only – **Friday, November 29<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: BLACKFRIDAYFRIEND24 (Inspired FRIEND 20-class pass) and/or BLACKFRIDAYTRAIN24 (training sessions).



## INSPIRE A HEALTHY LIFESTYLE WITH THE GIFT OF FITNESS

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.

## INVEST IN YOUR BODY'S FUTURE WITH PREHAB

Are you ready to prevent injuries, boost your mobility and enhance your strength? Join our **PREHAB Workshop** designed to help you stay strong, agile and injury-free. You'll get expert guidance on injury prevention, mobility and flexibility training, functional exercises to increase strength, techniques to improve posture and balance and personalized tips from expert trainers. Don't wait for an injury to slow you down – start PREHAB now and keep your body in peak condition.

This 6-week workshop will begin on **Thursday, November 14<sup>th</sup> from 6:00 to 6:45 pm**. Only 10 spots available – reserve yours today!



## CHRISTMAS SPIRIT DAY

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


Our holly-jolly schedule includes:


- Boot Camp at 9:00 am
- LIBB Circuit at 10:00 am
- Weights at 12:15 pm
- Boot Camp at 5:15 pm
- Zumba at 6:00 pm
- Butt & Gut at 7:00 pm

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

Tuesday, December 24<sup>th</sup> for Christmas Eve  
 Wednesday, December 25<sup>th</sup> for Christmas Day  
 Thursday, December 26<sup>th</sup> for Boxing Day  
 Tuesday, December 31<sup>st</sup> for New Year's Eve

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 BY FITNESS**

## "CHAMPAGNE" PUNCH MOCKTAIL



### Ingredients:

- 4 cups white cranberry juice
- 1/4 cup lemon juice
- 1/2 cup orange juice
- 3 cups non-alcoholic sparkling beverage
- 1 blood orange
- 4 cups ice
- 1/2 cup frozen cranberries
- 1 cup halved strawberries

### Directions:

- In a large bowl, combine the juices and sparkling beverage. (This mixture can be refrigerated for up to 24 hours.)
- Cut the blood orange in half. Juice one of the orange halves into the punch bowl. Thinly slice the remaining half into semicircles.
- Add the ice, cranberries, strawberries and orange slices.
- Just before serving, carefully pour in the sparkling beverage.
- Makes 8-10 servings.

### Nutritionist Note:

Club soda or sparkling water will make the punch less sweet, while gingerale or lemon-lime soda (like Sprite or 7-Up) will produce a sweeter punch.

### Source:

The Pioneer Woman