

INSPIRED BY FITNESS

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



September/October 2018 Newsletter

CONGRATS TO OUR NEWLYWEDS

We're sending our heartfelt best wishes to Sherry and Paul who tied the knot on Friday, August 3rd in an intimate ceremony surrounded by family and close friends.

May the years ahead be filled with lasting joy!



INSPIRED INSIDER

If you hit pause on your exercise routine during the summer and want to return to form, you might be tempted to pick up where you left off. However, you may end up injuring yourself or getting so sore that you vow to never step foot in the studio again. It will take some time to get things going again, and you may have to lower your expectations as you'll inevitably be a little rusty. Be patient with yourself, start slowly and gradually build back up to where you were. Here are a few tips to get you going again:

- Exercise like you would as a beginner, although rest assured your progress will be much faster.
- Keep intensity low (ie., 50-60% of your perceived ability). You can gradually move up as long as you're not getting too sore.
- Don't overexert yourself in the first week back. Choose to do the low-impact version of exercises.

Following these tips will give your body time to re-adapt to exercise, and you'll be back into the swing of things in no time!

*Product orders for this session go in on
Friday, September 21st & Friday, October 12th.*

SAVE 15% WITH OUR BACK TO SCHOOL SALE

For the month of September, enjoy some great savings with our **Back To School Sale!** We are offering 15% off any Nutrition Services purchased (ie., initial consultation and meal plan appointment, follow-up appointments, adjusted meal plan appointments), as well as 15% off select Apparel (ie., tank tops, t-shirts, hoodies).

NEW CLASSES AT 7:10 PM

We continue to look for ways to keep you excited about your fitness journey at the studio. For the best results, we encourage our members to switch up their fitness routine frequently to add variation and help avoid plateaus. Therefore, we are delighted to introduce some changes to our weekly core offerings starting in the September/October 2018 session:

- **Butt & Gut** – Mondays, 7:10 to 7:55 pm (starting on September 10th)
- **Circuit** – Tuesdays, 7:10 to 7:55 pm (starting on September 4th)
- **Weights** – Thursdays, 7:10 to 7:55 pm (starting on September 6th)

SWEAT TO THE BEAT AND SQUAT TO THE RHYTHM WITH STRONG BY ZUMBA CLASSES

The next generation of HIIT is here! **STRONG by Zumba** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you to make it to that last rep, maybe even five more. In this class, you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing. Your instructor will change up the music and moves frequently to make sure you're always challenged to the max!



This weekly core offering begins on **Wednesday, September 5th at 7:10 pm.**

MOMMY & ME FITNESS CLASSES NOW OFFERED TWICE A WEEK

Our popular **Mommy & Me** fitness classes will now be offered twice a week as a regular core offering! These classes incorporate numerous fun body conditioning exercises that will captivate your child's attention while giving you a great workout!

These classes will be held on **Mondays and Wednesdays from 11:00 to 11:45 am.**



BEGINNER BOOT CAMP IS BACK

Are you new to exercise? Do you need a fitness reboot? If yes, kickstart your body back into exercise with **Beginner Boot Camp!** Work with Sherry Kresky and start your fitness journey in a welcoming and comfortable setting. This workshop is designed for the new exerciser and will help guide you on your way to becoming a healthier, happier you. You will learn proper exercise techniques, build confidence, exercise in a supportive atmosphere, receive a home workout and learn lifestyle tips to help you succeed and feel fantastic and fabulous!

This six-week program begins on **Thursday, September 20th at 5:20 pm.**



HOW MUCH CAN YOU CHANGE YOUR BODY IN 12 WEEKS?

The **Couch To Confident: 12-Week Total Body Transformation & Accountability Program** will transform your body and the way you see fitness and nutrition forever. This is not a short-term fad diet – this is a lifestyle change that will educate you on how to exercise smarter and fuel your body to burn fat and build the body you've always wanted.

This amazing program, which begins on **September 24th**, offers in-studio and online participants the following tools to take your fitness journey to new heights: Health & Wellness Assessments; Nutrition Plans; Fitness Classes (in-studio participants only); Specialized Home or Gym Workouts; Weekly Content; Private Facebook Support Group; Optional Professional Photo Shoot; and, Fun Group Accountability and Motivation.

GET IN THE "SPIRIT" FOR HALLOWEEN


On **Wednesday, October 31st**, come to the studio dressed up in Orange & Black or your BOOtiful Halloween costume! We have seven spooktacular classes running that day: Weights at 9:00 am, Low Impact Body Blast at 10:00 am, Mommy & Me at 11:00 am, Butt & Gut at 12:15 pm, Boot Camp at 5:20 pm, Fit Camp at 6:15 pm and STRONG by Zumba at 7:10 pm.

The following classes are **cancelled** this session due to instructor holidays:

*STRONG by Zumba:
September 26th & October 3rd*

INSPIRED BY FITNESS

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The studio will be closed on:
Monday, September 3rd for Labour Day
Monday, October 8th for Thanksgiving



PISTACHIO CRUSTED CHICKEN BREASTS



Ingredients:

- 4 boneless, skinless chicken breasts
- 2 lemons, quartered
- 2-3 tablespoons cooking oil of your choice

Crust Ingredients:

- 1/4 cup shelled pistachios, finely chopped
- 3 tablespoons sesame seeds, toasted
- 1 tablespoon dried parsley
- 1 teaspoon onion powder
- 1 teaspoon chipotle powder
- Salt to taste
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon coriander
- Grated zest of one lemon

Directions:

1. Preheat oven to 350F.
2. Combine all the ingredients for the crust in a shallow bowl or plate and mix until well combined.
3. One at a time, place the chicken breasts in the seasoning mixture until well covered.
4. Heat the cooking oil on medium-high heat in a large, oven-safe sauté pan equipped with a fitted lid. Once the pan is hot enough, add the chicken breasts, two at a time, and sear for 1-2 minutes on each side until a nice golden crust develops. Reserve to a plate and repeat with the remaining breasts.
5. Return all breasts to the skillet and arrange the pieces of lemon around the chicken. Put the lid on and bake in the oven for 25 minutes, then uncover and cook for an additional 5 minutes, or until the lemons are slightly caramelized and the chicken looks nice and crispy.
6. Slice the chicken breasts and spoon some of the juices that accumulated in the bottom of the pan over the meat.

Source:

Shayna's Kitchen