

# INSPIRED BY FITNESS

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



September/October 2019 Newsletter

## WE CAN'T "WEIGHT" FOR THURSDAYS

We are thrilled to announce that Alicia Horne will be back on the regular roster for fitness classes starting in September! After taking some time to settle into her new day job, she is excited to get back to the studio on a weekly basis.

Alicia will be instructing Thursday night Weights classes from 7:10 to 7:55 pm. We can't wait to have Alicia's contagious enthusiasm and results-driven workouts back at the studio!



## INSPIRED INSIDER

It's almost that time of year again ... back to school! While the summer is a great time for family bonding and making memories, a lot of us fall out of our fitness routines. Being a parent or adult shouldn't always be about self-sacrifice. In fact, making sure you are fit and healthy not only makes you feel better, it enables you to be a better parent, co-worker, spouse and just a better all-around person! So, as you start preparing your kids for a new school year, why not make exercise a priority?

Preparation and planning can be the difference between organization and chaos. When it comes to exercising, that strategy shouldn't be any different. Our [WellnessLiving app](#) is such a handy tool to help you identify the best time each day to fit in exercise.

Take care of yourself, so you can take care of others! Come join us!

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

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## HOW DOES FREE MEMBERSHIP TIME SOUND?

We recognize we would not be the studio we are today without our loyal member base who have stayed with us through our growth and development and have supported our new endeavours. That's why we are thrilled to introduce our **Refer-A-Friend Rewards Program** for the month of September!

Refer friends, family and/or co-workers to the studio, and if they sign up for an Inspired ADDICT membership, you will be rewarded with **THREE FREE MONTHS!** That's a savings of over \$240! And, if you refer four friends, you will be eligible to receive a **FULL YEAR** for free! Visit our [website](#) for more details, rules and regulations.

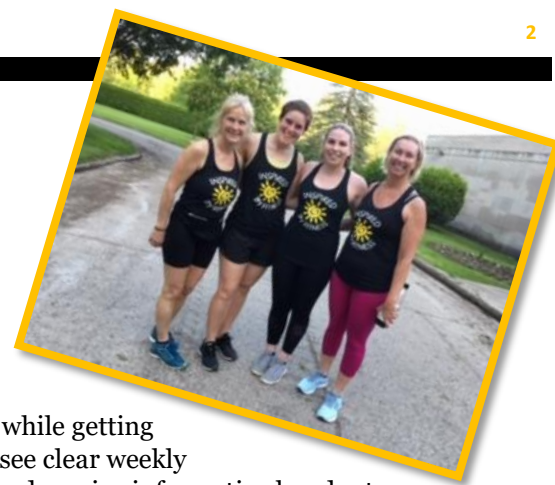
## STAY ON TRACK WITH YOUR FITNESS ROUTINE

Our **Modified Holiday Fitness Schedule** will keep you moving, motivated and on track with your fitness routine. We are pleased to offer the following classes this session:

- Tabata with Julie W. will be held on **Monday, September 2<sup>nd</sup> (Labour Day) from 11:00 to 11:45 am.**
- Butt & Gut with Sarah will be held on **Monday, October 14<sup>th</sup> (Thanksgiving Day) from 10:00 to 10:45 am.**

## RUN AMONGST THE LOVELY FALL COLOURS WITH OUR LEARN TO RUN CLINIC

After a hot and humid summer, the sweep of brisk Fall weather makes it an ideal time to run outside. Led by our amazing fitness instructor and experienced runner, Joan, the **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 their distance and speed. You will have fun while getting fit with fellow participants, receive professional coaching and motivation, see clear weekly progression, train on different terrains while enjoying the great outdoors and receive informative handouts to keep you inspired and motivated. This six-week clinic will begin on **Wednesday, September 11<sup>th</sup> at 6:30 pm**.



## MAKE FALL THE SEASON FOR SUCCESS WITH BEGINNER BOOT CAMP

Are you new to exercise or need a fitness refresher? Do you want to exercise but don't know where to start? If yes, **Beginner Boot Camp** is for you! Kickstart your body back into exercise with Personal Training Specialist, Sherry, at this **one-day, three-hour workshop on Friday, September 13<sup>th</sup> from 6:00 to 9:00 pm** where you will learn the key components to get you started on your fitness journey. This workshop will provide you with a roadmap to a healthier, happier you by focusing on proper exercise techniques, goal setting and nutrition tips. At the end of our three hours together, you will have the resources you need to continue on your fitness journey at the studio!



## EMBARK ON A LIFESTYLE CHANGE WITH OUR COUCH TO CONFIDENT PROGRAM

Crush your goals and take your fitness regime to new heights with the **Couch To Confident 12-Week Total Body Transformation & Accountability Program!** Expect exceptional results, whether you are just starting to work towards your goals or trying to get unstuck from a plateau. This 12-week results-focused program will give you increased energy to accomplish more than you ever thought was possible, nutritional guidance to rev up your metabolism, sculpted muscles you never knew you had, guidance and support to finally achieve the body you deserve and accountability to keep you on track so you reach your goals. This 12-week program will begin on **Monday, September 16<sup>th</sup>**. You can join as an in-studio or online participant.

## CHANGE TO MOMMY & ME BOOT CAMP

Babies grow up oh-so fast and maternity leaves go by all too quickly. That's why our fantastic **Mommy & Me Boot Camp** will revert back to a workshop style rather than a bi-weekly core offering. Classes will run as usual until the end of August and then will take a break for the month of September. Starting on **Wednesday, October 2<sup>nd</sup> from 11:00 to 11:45 am**, this eight-week workshop will allow parents/caregivers to get in a great workout and attend to baby's needs at any time. This workshop is free for our members, and we would also be delighted to welcome non-members so you can get fit and socialize in an encouraging environment.

## BUILD THE BEST BUTT YOU'VE EVER HAD

Work out alongside Sherry to squat, lunge and pulse your way to the firm and toned backside you've always wanted with the **Better Butt 5-Day Challenge!** In just five days, you'll learn the moves you need to work, shape and lift your glutes. This **FREE** 5-day challenge will be held from **Monday, October 7<sup>th</sup> to Friday, October 11<sup>th</sup>**. Join on [Facebook](#) or [Instagram](#).

## HALLOWEEN FUN DAY


On **Thursday, October 31<sup>st</sup>**, come to the studio dressed up in Orange & Black or your BOOtiful Halloween costume! We have six spooktacular classes running that day: Low Impact Body Blast at 10:00 am & 10:30 am, Spin at 12:15 pm, Body Sculpt at 5:20 pm, Bounce at 6:15 pm and Weights at 7:10 pm.

The following classes are **cancelled** this session:

**STRONG by Zumba:**  
 Wednesday, September 18<sup>th</sup>  
 Wednesday, September 25<sup>th</sup>

## INSPIRED BY FITNESS

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

Monday, September 2<sup>nd</sup> for Labour Day  
 Monday, October 14<sup>th</sup> for Thanksgiving Day



## GLUTEN-FREE VEGAN ZUCCHINI BREAD



### Ingredients for Loaf:

- 3 tablespoons ground flax seeds
- 1/2 cup water
- 2 medium zucchinis, grated
- 1/2 cup olive oil or walnut oil (or mix of both)
- 1/4 cup maple syrup
- 1 large spoonful of honey
- 2 teaspoons alcohol-free vanilla extract
- 1-1/3 cups rice flour
- 1-1/3 cups almond flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon

### Ingredients for Topping:

- 1/2 cup chopped walnuts or pecans
- 1 tablespoon white chia seeds
- 1 teaspoon maple syrup
- 1 teaspoon vanilla extract

### Directions:

1. Preheat oven to 375F.
2. Mix ground flax seeds with water. Refrigerate for 15 minutes.
3. Blend zucchini and oil until paste forms.
4. Mix bonded zucchini with maple syrup, honey and vanilla extract. Set aside.
5. Mix flour, baking soda and cinnamon together.
6. Combine the mixed dry ingredients with the mixed liquid ingredients, including the flax meal water.
7. Pour into oiled or parchment covered pan.
8. Mix the topping ingredients together and put on top of the loaf mixture.
9. Bake for 35-45 minutes or until toothpick comes out clean.
10. Slice and serve.

### Source:

Shayna's Kitchen