

INSPIRED BY FITNESS

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



September/October 2020 Newsletter

STRONG BY ZUMBA HAS CHANGED ITS NAME

Since this fitness phenomenon launched four years ago, it has evolved into a global fitness force. And in order to eliminate any confusion about the program being dance-related, STRONG by Zumba has changed its name to STRONG Nation.

Come join Tish on Wednesday evenings from 7:10 to 7:55 pm for a super fun and engaging workout that is suitable for all fitness levels.



INSPIRED INSIDER

Did you know that not all personal trainers work with their clients the same way? A good trainer should value their clients' training preferences and make adjustments accordingly. Everyone is motivated in different ways – some people need a little “tough love”, while others need soft encouragement. At Inspired by Fitness, our personal trainers share these same core values:

1. **Be Sincere.** Our trainers are friendly, personable and authentic. They build genuine relationships with their clients and will always go the extra mile.
2. **Be Compassionate.** Our trainers are kind and will listen and empathize with their clients, no matter the struggle. They are not judgmental and are always willing to lend a helping hand.
3. **Be Responsible.** Our trainers are 100% committed to their clients. They make proactive decisions while creating customized programs for each client. They believe that anything can be accomplished with the right guidance and dedication.
4. **Strive For Progress.** Our trainers embrace challenges and know that without hard work, results won't come. They are willing to go outside of their comfort zone and push themselves as trainers to help their clients achieve their goals. They continuously strive to be their absolute best.

Personal Training is a great way to take your fitness to the next level. Our trainers will never give up on your goals and neither should you!

Product orders for this session go in on Friday, September 11th & Friday, October 9th.

ARE YOU NEW TO INSPIRED BY FITNESS?

If you want to join a supportive and welcoming fitness community, with people of all fitness levels who want to see you succeed, take advantage of our **New Member Promotion** running until September 30th.

If you sign-up for a one-year Inspired ADDICT membership, you will receive two months free! Terms and conditions apply. Visit our [website](#) for further details.

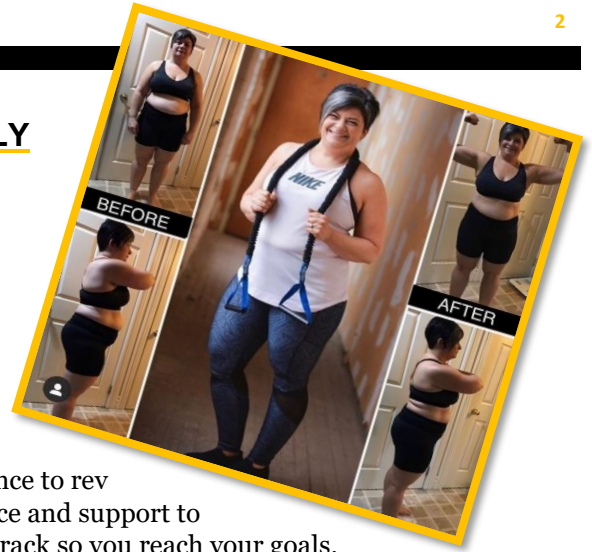
An Inspired ADDICT one-year membership provides you with a wide variety of unlimited fitness classes offered at many convenient times. Plus, our ADDICT members receive a 20% discount on select workshops and programs.

CRUSH THE COVID QUARANTINE 15 WITH OUR HIGHLY SUCCESSFUL 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 21st**. You can join as an in-studio or online participant.



GET BACK INTO A FITNESS GROOVE AS WE TAKE OUR MOMMY & ME CLASSES ONLINE

We are committed to still bringing you our amazing Mommy & Me Workshop in a safe, fun and healthy way. Moms can now work out in the comfort of their own home with baby participating, watching or in their carrier during nap time at our **Mommy & Me Online Fitness Classes via Zoom!**

These classes will lay the foundation to be your strongest and healthiest self. You'll feel happier, which will make everything about being a new mom easier! You can expect a great workout consisting of cardio, muscular endurance, postnatal-specific core work and flexibility. Led by Personal Training Specialist, Sherry Kresky (also a mother of two), this workshop is a fantastic opportunity to enjoy the same feeling of community through fitness right in your own home.

This eight-week workshop will begin on **Wednesday, October 7th from 11:00 to 11:40 am.**

YOUR STRONGEST LEGS EVER ARE JUST A FEW EXERCISES AWAY – A GREAT WAY TO FALL INTO FITNESS

The **Killer Legs 5-Day Challenge** will combine heart-pumping exercises with muscle-sculpting moves that will leave you with beautifully defined legs and sculpted glutes. You will tone some of your largest muscles while boosting your metabolism as well.

Work out alongside Personal Training Specialist, Sherry Kresky, with exercises designed to strengthen your whole lower body, especially your quads, calves, hamstrings, abductors, adductors, hips and glutes.

This FREE 5-day challenge will be held from **Monday, September 14th to Friday, September 18th**. Join on [Facebook](#) or [Instagram](#).



HALLOWEEN COSTUME/ ORANGE & BLACK DAYS

On **Friday October 30th** and **Saturday, October 31st**, come to the studio dressed up in Orange & Black or your BOOtiful Halloween costume!


Spooktacular classes running on Friday, October 30th are Circuit at 6:00 am, 9:00 am and 12:15 pm. And on Saturday, October 31st, make your muscles scream at Boot Camp from 9:30 to 10:15 am.

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

*Monday, September 7th for Labour Day
Monday, October 12th for Thanksgiving*

INSPIRED BY FITNESS

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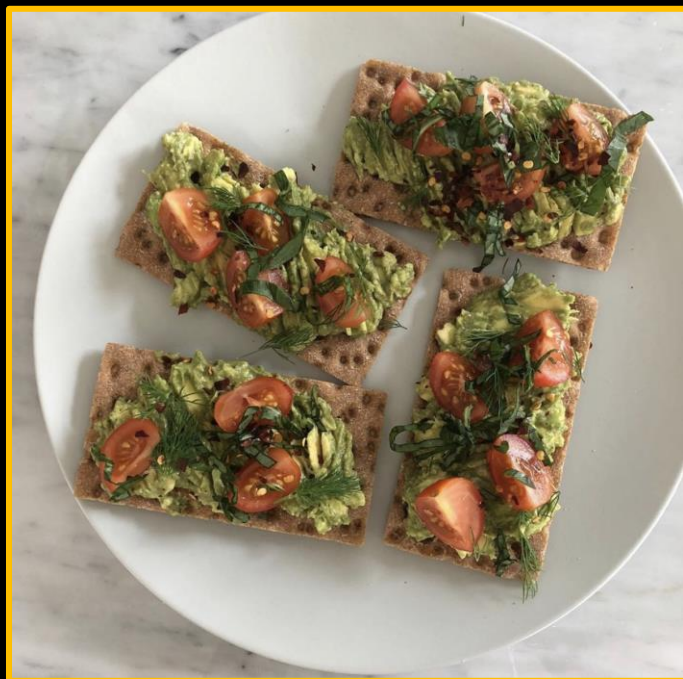
 www.inspiredbyfitness.ca

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

STRONG Nation:
September 23rd & September 30th



AVOCADO TOAST



Ingredients for Topping:

- 1 ripe avocado
- 1/2 organic lime, juiced
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Pepper flakes to taste
- 1 garlic clove, minced
- 1/2 teaspoon onion powder

Ingredients for Garnish:

- Minced basil
- Minced mint
- Small pieces of dill
- Small tomatoes, quartered

Don't Forget:

- Rye crackers

Directions:

1. Mash and mix all ingredients in a bowl to the consistency you like and load on top of a rye cracker.
2. Add tomatoes and herbs for garnish.
3. Eat right away.

Source:

Shayna's Kitchen