

INSPIRED BY FITNESS

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



September/October 2021 Newsletter

save 15% on SUPPLEMENTS

Sherry recently signed a deal with FITDEALS.CA, and we are so excited to share some awesome savings with you!

Visit www.fitdeals.ca and save 15% off your order in their online store. Pick out your favourite supplements (protein powder, protein bars, greens, multivitamins, natural energy boosters and more). At the checkout, use promo code **SHER15**, hit APPLY and the 15% savings are yours! Also, orders over \$99 receive free shipping.

Who doesn't love a great deal?!



INSPIRED INSIDER

We are so happy to finally be back in the studio with our in-person fitness classes! Although our virtual classes have been amazing for many, there's nothing quite like face-to-face human interaction – at a safe distance, of course. We will continue to offer our hybrid model for fitness classes, both In-Studio and Virtual. We understand and appreciate that not everyone will be comfortable getting back into the studio right away, and that's okay. We will do our best to ensure that you stay active and healthy until you are ready to join us in person. You should all be so proud of yourselves for staying committed to your fitness routine during these trying times!

Product orders for this session go in on Friday, September 10th & Friday, October 8th.

INTRODUCING THE INSPIRED EXPRESS PASS

Ready for your first time? Give Inspired by Fitness a try with our **Inspired EXPRESS class pass!** You'll get **10 days of unlimited fitness classes**, offered both in-studio and online, **for only \$10!** You'll have access to over 25 fantastic fitness classes, offered both in-studio and virtual, led by our amazing team of certified fitness professionals.

Our fitness classes have your whole well-being in mind. You can get stronger, boost your energy level and reduce stress in a great group atmosphere making fitness fun and enjoyable. Choose from a wide variety of classes like explosive HIIT circuits, heart rate boosting cardio workouts and targeted strength classes, all designed for every experience level. Our classes give you everything you need to feel your best and improve your level of fitness.

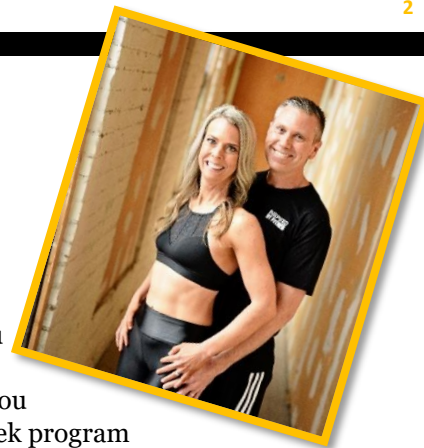
As Stratford's favourite fitness studio, you're going to love your time with us because at Inspired by Fitness you won't be just another number. When your 10 days are done, you can make a decision about joining us with one of our many membership options. There's never any pressure.

- You must have Facebook to gain access to our online community.
- Your Inspired EXPRESS pass begins on the date of purchase.
- Limited to one pass per person.
- Direct link to purchase the pass can be found [here](#).

Come meet new friends and start working towards those goals with the Inspired EXPRESS class pass. We look forward to meeting you and helping you get in the best shape of your life!

CRUSH YOUR GOALS WITH THE COUCH TO CONFIDENT 12-WEEK TOTAL BODY TRANSFORMATION PROGRAM

Expect exceptional results, whether you are just starting to work toward your goals or trying to get unstuck from a plateau, with the **Couch To Confident: 12-Week Total Body Transformation & Accountability Program**. 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 20th**. You can join as an in-studio or online participant.



ARE YOU NEW TO INSPIRED BY FITNESS? JOIN TODAY AND ENJOY SOME SAVINGS

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 for the month of September. If you sign-up for a one-year Inspired ADDICT membership, you will receive two months free! 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. Please note individuals eligible for this promotion can not have been a previous member or FRIEND pass holder of Inspired by Fitness in the last six months. For complete terms and conditions, visit our [website](#) for further details.

GET BACK INTO a FITNESS GROOVE WITH OUR ONLINE MOMMY & me FITNESS CLASSES VIA ZOOM

We are committed to still bringing you our amazing Mommy & Me classes 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-Wilson (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 6th from 11:00 to 11:40 am**.

PUT YOUR MUSCLES TO WORK WITH THE BODY WEIGHT CHALLENGE

The **Body Weight 5-Day Challenge** is all about the basics. No matter how advanced you are, your body will always fall back on its base level of strength. Your overall body weight strength will always serve as the foundation and bridge to your other strengths. Work out alongside our Personal Trainer & Fitness Professional, Sherry Kresky-Wilson, to discover how your body is meant to move with the most essential body weight exercises for you to reach your strength, health and fitness goals. This FREE 5-day challenge will be held from **Monday, October 18th to Friday, October 22nd**. Join on [Facebook](#) or [Instagram](#).

PUMP IT UP AT ADVANCED WEIGHT TRAINING

For our advanced fitness enthusiasts, there are few things that provide more inspiration than increasing their major lifts by roughly 25%! Our **Advanced Weight Training** workshop will push you to move more weight and put in the work. This workshop is divided into three phases which provide a different focus to keep the gains coming. Expect to work all of your major muscle groups in a controlled, safe and fun environment while developing the ability to listen to your body and measure its progress. This nine-week workshop, led by Sherry Kresky-Wilson, begins on **Friday, October 22nd from 5:15 to 6:15 pm**.



HALLOWEEN COSTUME/ ORANGE & BLACK DAYS

On **Friday October 29th** and **Saturday, October 30th**, come to the studio dressed up in Orange & Black or your BOOtiful Halloween costume!


Spooktacular classes running on Friday, October 29th are Circuit at 6:00 am, 9:00 am and 12:15 pm. And on Saturday, October 30th, 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 6th for Labour Day
Monday, October 11th for Thanksgiving

INSPIRED BY FITNESS

 390 Douro Street, Unit #10
Stratford, ON, N5A 3S7

 (519) 276-1066

 info@inspiredbyfitness.ca

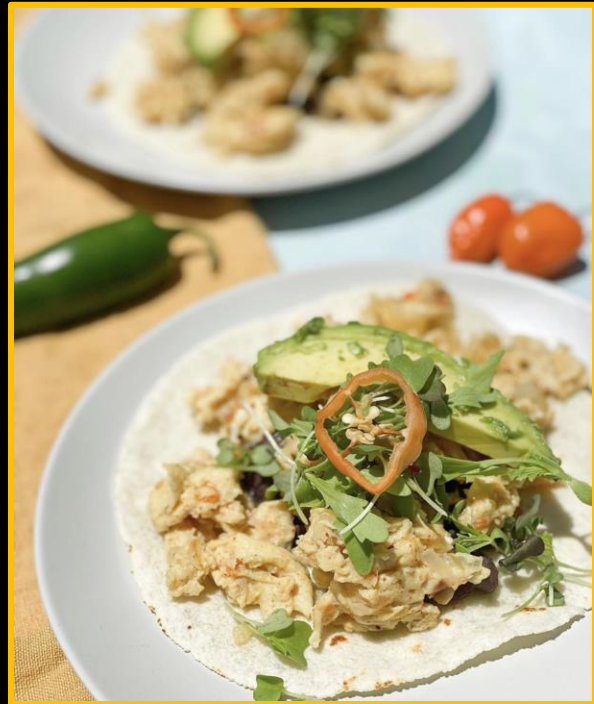
 www.inspiredbyfitness.ca

The following classes will run virtually only:

Low Impact Body Blast (Zumba Light)
September 1st & September 2nd



BREAKFAST TACOS



Ingredients:

- 6 eggs
- 1/2 onion, chopped
- 1/4 habanero pepper, minced
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon taco seasoning
- Salt and pepper to taste
- 1 cup black beans
- Flour tortillas
- 1/2 avocado for garnish
- Sprouts for garnish
- 2 tablespoons olive oil

Directions:

1. Heat 1 tablespoon of olive oil in pan. Add 1/2 chopped onion and saute for 1 minute.
2. In the meantime, add eggs, spices and 1 tablespoon of olive oil to a bowl. Whisk together and turn heat to low. Scramble eggs.
3. While eggs are cooking, heat beans and tortillas, if desired.
4. To plate, layer tortilla with beans and scrambled eggs. Toss with sliced avocado and fresh sprouts.

Source:

Shayna's Kitchen