INSPIRED BY FITNESS

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

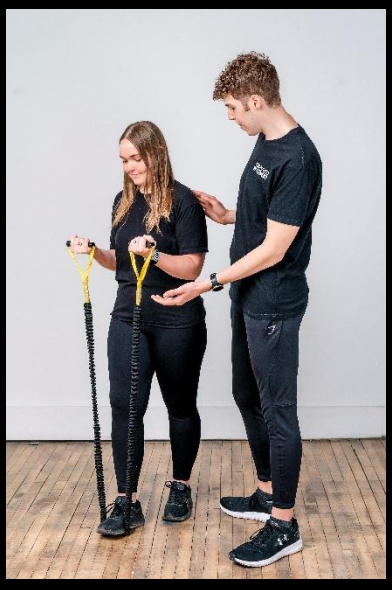
January/February 2026 Newsletter

START STRONG STAY INSPIRED

Kickstart your fitness journey with the Inspired EXPRESS pass. For only $10 for 10 days, new members can experience everything Inspired by Fitness has to offer!

Try out our signature classes, meet our incredible coaches and feel what it's like to be part of a community that lifts you higher – inside and out.

Join today and see why your best year yet starts here!



INSPIRED INSIDER

At Inspired by Fitness, we believe the energy you bring into the new year matters – and nothing sets the tone quite like committing to your fitness. When you decide to show up for yourself, you're doing so much more than chasing physical goals. You're building momentum, confidence and a mindset that carries you through every part of your life. Here's why making fitness a priority early on can shape the kind of year you'll have.

Fitness creates momentum for everything else. When you start your day – or your week – with movement, everything else just flows better. You think more clearly, you feel more capable and you bring more focus to whatever is ahead. The strength and discipline you build in your workouts don't just stay in the studio; they follow you into your work, relationships and daily choices. Fitness gives you energy – and energy changes everything.

Healthy habits multiply. A commitment to fitness has a ripple effect. When you show up to a class or training session, you naturally start to make choices that support how good you feel – from better sleep to smarter nutrition. Before long, your fitness routine isn't just part of your week; it's the foundation for a balanced, energized lifestyle.

Consistency becomes your superpower. Motivation is what gets you started, but consistency is what transforms you. Every time you show up – even on the tough days – you're proving to yourself that you can do hard things. That consistency builds confidence and momentum that last long after the workout is over.

Your mindset gets stronger too. Fitness is as much mental as it is physical. Every time you finish a class or training session, you're training your mind to overcome obstacles. That mental toughness becomes your anchor for the rest of the year – in and out of the studio.

You inspire the community around you. When you commit to your fitness, others notice. You bring more positivity, more energy and more inspiration into the studio. Your effort encourages someone else to keep going – and that's the beauty of being part of a fitness community. We rise together.

This year, make your commitment to movement, health and self-care more than a resolution – make it a lifestyle. Your energy, your consistency, your community – it all starts here!

Stock up on your supplements today!

Protein Powder, Amino Cuts, Grenade Bars always readily available

READY TO COMMIT TO YOUR HEALTH & FITNESS GOALS? MAKE 2026 YOUR YEAR OF TRANSFORMATION

Are you ready to take your health and fitness to the next level in 2026? Make this the year you achieve the body, energy and confidence you've always wanted with our **12-Week Couch To Confident Total Body Transformation & Accountability Program**!

Starting on **January 19th**, we're launching our exclusive, results-driven program designed to help you reach your goals faster and more effectively. Whether you want to lose weight, gain muscle, improve your overall health or simply feel amazing in your own skin, this program is tailored for you!

While New Year's resolutions often fizzle out by February, a well-structured program helps you create habits that last. By participating in a total body transformation early in the year, you're setting yourself up for success long after the program ends. The habits you'll learn – whether meal prepping, working out regularly or taking care of your mental health – will become a part of your lifestyle, not just a seasonal effort. Plus, you'll have people to share your wins with, commiserate with during tough times and celebrate milestones as you progress together. It's a powerful motivator!

This is more than just another fitness program – it's an investment in a healthier, happier you! Don't let another year go by without making the changes you deserve.

TIGHTEN, TONE AND TAKE CONTROL WITH THE ARMS & ABS ATTACK CHALLENGE

The **Arms & Abs Attack 5-Day Online Challenge** will fire up your muscles, test your endurance and help you move with strength and control. You will feel the burn, see the progress and unleash your inner power as you sculpt strong arms and a solid stable core.

Our Personal Trainer & Fitness Expert, Sherry Kresky, will zero in on building upper body strength and core stability through powerful, focused movements that deliver serious results. Get ready to attack your goals and finish feeling fierce, fit and unstoppable as you unleash your upper power and core confidence.

This FREE 5-day online challenge will be held from **Monday, January 12th to Friday, January 16th**. Join on Facebook or Instagram. (Daily schedule will be posted online prior to commencement of the challenge.)

ARE YOU NEW TO INSPIRED BY FITNESS? JUMPSTART YOUR NEW YEAR'S RESOLUTION WITH OUR NEW MEMBER PROMOTION

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 January. If you sign-up for a one-year Inspired ADDICT membership, you will receive one month 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, as well as 20% off your first set of personal training sessions (individual, group or online) with our Inspired Perks Program.

Please note individuals eligible for this promotion can not have been a previous member or pass holder of Inspired by Fitness in the last six months. For complete terms and conditions, visit our website for further details.

VALENTINE'S SPIRIT DAYS

Love is in the air – and in the studio! 💖

Join us for our Valentine's Spirit Days on Friday, February 13th and Saturday, February 14th by dressing in your favourite shades of red, pink or anything that spreads the love. Bring your energy, your smile and maybe even your workout partner for an extra boost of fun.

Let's lift, love, laugh and feel the love – because nothing says Valentine's Day like sweating it out with your fitness family. 💖

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

Thursday, January 1st for New Year's Day
Monday, February 16th for Family Day

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HEALTHY HOT CHOCOLATE

Ingredients:

- 1 cup almond milk (or milk of choice)
- 1 tablespoon raw cacao powder
- 1 tablespoon pure maple syrup
- 1/4 teaspoon vanilla extract
- Pinch of fine sea salt

Directions:

1. Combine all of the ingredients in a saucepan over medium heat and stir, using a whisk to break up any lumps. Keep stirring until it's smooth and reaches your desired warm temperature. (There is no need to bring it to a full boil.)
2. Carefully taste the hot chocolate and make any necessary adjustments. For a darker chocolate flavour, add an extra dash of cacao powder. For more sweetness, add an extra splash of maple syrup.
3. Pour the hot chocolate into a mug right away and serve warm. Top with coconut whipped cream and chocolate shavings, if desired, or any other toppings you love.

Nutritionist Note:
This recipe should work with any milk you love, except homemade oat milk, which can become slimy when heated. (Store-bought oak milk should be fine, though.)

Nutrition Facts:
Calories – 103kcal / Carbohydrates – 18g / Protein – 2g / Fat – 4g / Sodium – 328mg / Potassium – 123mg / Fiber – 2g / Sugar – 12g / Calcium – 328mg / Iron – 1mg

Source:
Detoxinista.com