

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



*"Physical fitness is the first requisite of happiness."
- Joseph Pilates*

Hello and Happy Sunday

LET'S DIVE INTO THE WEEK OF OCTOBER 19 WITH VIBRANT HEARTS

When the photo above was taken 10 years ago, I was only a few years out of my first teacher training and ready for more. It was also a time when I needed to find a way to be stronger.

That yoga pose is commonly known as "wild thing" and it's a personal favorite. In Sanskrit, it's called "Camatkarasana", which translates to, "the ecstatic unfolding of the enraptured heart", or "there's always more."

So, the pose serves as a message of being relentless, stoking your inner fire, and being unstoppable.

I invite you this week to show up for yourselves (and each other) and to be relentless. I got you. We have each other.

Thank you for your continued commitment to your health and wellness during this unique time as well as your patience as I moved to the Mindbody platform to offer an "all in one" space for scheduling, booking, and paying for sessions.

FIRST-TIME STUDENT INTRO SPECIAL:

IF YOU HAVEN'T HAD THE CHANCE TO JUMP INTO MY VIRTUAL STUDIO YET, THIS IS THE OFFER FOR YOU! 30-DAYS, UNLIMITED FOR JUST \$40. EXPLORE EACH OF MY CLASSES AS MANY TIMES AS YOU LIKE DURING YOUR INTRO PERIOD. IF YOU SIGN UP FOR ONE OF MY PACKAGES AT THE END OF YOUR INTRO PERIOD, I WILL EXTEND A 10% DISCOUNT ON YOUR PURCHASE.

LOGIN TO
[HTTPS://CLIENTS.MINDBODYONLINE.COM/CLASSIC/WS?STUDIOID=999683&STYPE=-2&SU_BTAB=INFO](https://clients.mindbodyonline.com/classic/ws?studioid=999683&stype=-2&su_btab=info)

YES, YOU NEED TO SET UP AN ACCOUNT (WHICH IS FREE). IF YOU ALREADY HAVE A MINDBODY ACCOUNT, GREAT! JUST SEARCH FOR JANINE B FIT.

That said, if at any time you prefer to pay via Venmo or PayPal, you can still do so. Upon notice of a payment through one of those methods, I will add your selection into your Mindbody account.

And, if money is keeping you from practicing, please let me know. I'm committed to providing health and wellness to all. Contact me directly and we'll work it out. I got you!

Need anything? Email me!

Be love. Be strong. Be vibrant.
Janine



THIS WEEKS CLASSES:

Tuesday:

9:00 a.m.

Gentle Yoga

10:30 a.m.

Mat Pilates

12:00 p.m. Noon

30-minute UnDesk

Vinyasa Lunch Break

5:30 p.m.

Resistance Band Boot
Camp

Wednesday:

9:00 a.m.

Resistance Band Boot
Camp

12:00p.m. Noon

30-minute UnDesk

Vinyasa Lunch Break

Thursday:

9:00 a.m.

Gentle Yoga

10:30 a.m.

Mat Pilates

12:00 p.m. Noon

30-minute UnDesk

Vinyasa Lunch Break

5:30 p.m.

Mat Pilates

Friday:

9:00 a.m

Hatha Flow Yoga

10:30 a.m.

Mat Pilates