

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING

YOU ARE
BEAUTIFUL

*"We are beautiful no matter what they say
Yes, words won't bring us down ..." - Linda Perry*

Photo: taken by me
somewhere in DTLA

Self-Talk and the Committee in Your Head

STOP, LOOK, LISTEN, AND KICK ASS FOR THE WEEK OF DECEMBER 14

At the beginning of each class, I consistently do a check-in. Take the temperature, as it were. Mostly, I do this to give you an opportunity to turn inward and ask yourself, "How the hell am I?" Well, you're beautiful, for one thing. A beautiful, complicated, elegant work of art that the Universe dubbed "You." And, yes, YOU are beautiful, magnificent, perfect, and LOVED. Now, repeat that to yourself.

So, why do some of us turn to the negative self-talk, the shit that brings us down and perpetuates itself? We do it over and over and over. It's a broken record. Like, a really bad one. One that just sits in the clearance bin for 49 cents that everyone just passes over. Oh, and you've heard it on the radio and wondered, "How in the world . . .?"

Here's an idea. It's crazy but I'm an Aquarius so there's that aspect to my thought process. What if you started a band and recorded a cover of that record?

One that just kicked ass and you could rock out to in your car with the windows rolled down? Seriously, how cool would that be? Your own personal (*insert favorite rock/soul/r&b/disco/new wave/alternative/electro swing/industrial band here*).

How we talk to ourselves matters. It matters a metric s**t ton. And when our self-talk goes awry, we need to bring in back up singers and maybe a horn section. Hell, I sometimes visualize a full on cascade of Pink's dancers.

There are many tools we can turn to to when the voices are warbly and full of off-key jibberish that tries to pull us in.

Stop. Close your beautiful eyes. Listen. Breathe. Count. Change the voices in your head and remember who you are, ya badass!

Sit for a meditation, jump in on one of my classes, or put your AirPods in, rock out and do a self-guided workout. Just move that energy!

FIRST-TIME STUDENT INTRO SPECIAL:

30-DAYS, UNLIMITED FOR JUST \$40. EXPLORE EACH CLASS AS MANY TIMES AS YOU LIKE DURING YOUR INTRO PERIOD. 10% DISCOUNT ON PACKAGE PURCHASE AT END OF INTRO. REFER A FRIEND AND I'LL THROW IN AN EXTRA CLASS!

**LOGIN TO
[HTTPS://CLIENTS.MINBODYONLINE.COM/CLASSIC/WS?STUDIOID=999683&STYPE=-2&SUBTAB=INFO](https://clients.minbodyonline.com/classic/ws?studioid=999683&stype=-2&subtab=info)**

IF YOU ALREADY HAVE A MINDBODY ACCOUNT, GREAT! JUST SEARCH FOR JANINE B FIT.

THE HARDEST PART IS SHOWING UP THE FIRST TIME. AFTER THAT, JUST MOVE, WORK HARD, AND HAVE FUN.

Here's another thing you can do >>> Did you know that you can also book me for private sessions using Mindbody? 30-minute sessions are \$75; 60-minute sessions are \$125. If you want to book a block of private sessions, please contact me directly for pricing options. Treat yourself! We can work on a game plan to keep your practice and workouts going through the Holidays and launch into 2021 fiercer than ever. I'll customize a program specific for your needs/wishes/goals.

GENERAL HOUSEKEEPING NOTES: One of the wonderful gifts of live stream is the opportunity to interact. I love that most of all. Sometimes background sounds can cause distractions in class for others. Moving forward, I will be muting everyone after our initial greeting and welcome. If there are any questions, you can un-mute yourself and ask away then re-mute yourself. There's also a chat box under the mic icon that I'll check from time-to-time during class.

I'm also always available for questions after class as well as via email. Thanks for helping make our community one of calm and focus. Also, if you have any special conditions, injuries, other things going on that might affect your practice and how I might best serve you, please let me know in advance, if possible. If it's something you'd rather keep private, shoot me an email. As always, I'm here for YOU!

THE GIFT THAT KEEPS ON GIVING: The holidays are officially here and birthdays never stop coming, right? **GIFT CERTIFICATES** make a wonderful present for a friend, loved one, co-worker, or anyone with whom you'd like to share the gift of health and wellness.

THE YADDA-YADDA PART: While Mindbody is your one-stop link to scheduling and paying for classes, remember that you can also pay via Venmo or PayPal. Upon notice of a payment through one of those methods, I will add your selection into your Mindbody account.

And if you wish to be removed from my mailing list, simply send me a quick "unsubscribe" email. I get it. Sometimes our inboxes are just too damn much.

Remain awesome -

Janine

This guy knows . . .



THIS WEEK'S CLASSES:

Tuesday:

9:00 a.m. Hatha Yoga 1
10:30 a.m. Pilates Strength
12:00 p.m. Hatha Flow 30
5:30 p.m. Pilates Strength

Wednesday:

9:00 a.m. FUNctional Strength
12:00p.m. Pilates Power 30

Thursday:

9:00 a.m. Hatha Yoga 1
10:30 a.m. Pilates Strength
12:00 p.m. Hatha Flow 30

Friday:

9:00 a.m. FUNctional Strength
10:30 a.m. Hatha Flow

PRICING (until 12/31/2020)

Single class drop in:
\$15 for one-hour classes
\$10 for 30-minute classes

Series of 10 classes: \$120
Series of 5 classes: \$70

NEW Pricing effective 1/1/21

Single class drop in:
\$20 for one-hour classes
\$12 for 30-minute classes
Series of 10 classes: \$140
Monthly unlimited: \$89 (group classes only)

PLEASE NOTE: *If no one has registered for any class 30-minutes prior to the scheduled start time, that class will be canceled for that day. Thank you for signing up in advance.*

If money is ever an issue, please let me know. I'm committed to providing health and wellness to all. Contact me directly and we'll work it out.