

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



"Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein

Naughty or Nice? Both, please!

MAKE THAT LIST . . . CHECK IT TWICE! MERRIMENT FOR THE WEEK OF DECEMBER 21

Does it really have to be one or the other? Nope! Otherwise, how do we strike a balance? A little of this mixed with a little of that is what makes life interesting and the world go 'round.

It's never been a secret how I feel about shaming - particularly when it comes to the fitness industry. I could write a dissertation on the subject, but will spare your brain. Mostly because it hurts mine when I think about it.

Enjoy the Holidays! Eat, drink, and be merry - THIS year is nearly over and we're still here! (Thank the gods!). Enjoy the moment, step onto your mat, set intentions, be mindful. It's a beautiful path that's waiting for you. Need a guide? I'm SO here for you!

Guess who else loves hanging out to help you along the way? Ganesha! He's quite the superhero of the Hindu deities who plays a dual role so powerful that he ensures success by removing obstacles or creates them for those whose goals might be a bit more destructive.

He helps us strike a balance. And when we're on the threshold of decision, he's right there to lend one of his hands to help clear the way. So, he's little bit naughty and a little bit nice and a whole lotta awesome . . . just like you! These fantastic myths help us see every quality within ourselves and help us along the path of life.

Sweets in one hand, a boundary-setting tool in the other. Balance. Moderation. Focus. Ferocity. It's all there. Make your list. Check it twice. Be merry, for that is one of the sweetest gifts in life.

Keep moving, my friends. Bask in your practice, be amazed by your strength, walk in the sun, explore the earth, and find your balance.

We're nearing the end of an extraordinary year. Take stock. Make another list - what stays behind, what moves ahead? Remain focused and trust your wisdom.

We have a short week this coming week. Let's make it count!

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.

**LOGIN TO
[HTTPS://CLIENTS.MINDBODYONLINE.COM/CLASSIC/WS?STUDIOID=999683&STYPE=-2&SUBTAB=INFO](https://clients.mindbodyonline.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.

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.

REMINDER: I'm 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: Need a last minute gift? **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 pandemic created one heck of an obstacle for us and you all persevered. Thank you for practicing! Thank you being part of this wonderful live-stream community. My heart is full and I look forward to more mat time with you in 2021!

Have yourself a merry little celebration -
Janine



Blueberry Oat Pancakes - the ultimate balance of naughty and nice!

Looking for a healthy pancake alternative? Look no further! These are a family favorite from one of my favorite cookbooks - The Family Cooks by Laurie David and Kristen Uhrenholdt.

Compared to a standard store-bought mix, these use almond flour (packed with protein, fiber, vitamin E, calcium, magnesium, potassium, and monounsaturated fats that keep you healthy and full longer); blueberries (rich in fiber and antioxidants); and oatmeal (with cholesterol-lowering fiber, magnesium, zinc, and phosphorus - it's also gluten free). Get creative: add a bit of vanilla or cinnamon. Or. maybe a bit of orange zest or some flax seeds. Have fun with it.

- 1 1/2 cups milk (cow, goat, almond, soy . . . your choice)
- 3 eggs
- 1 tablespoon honey or maple syrup
- 1 1/2 cups almond flour
- 1 1/2 cups old-fashioned oats (not instant)
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups fresh or frozen blueberries
- High-heat oil for the pan

Combine all ingredients - except for the blueberries - in a blender or food processor. Blend on high speed until the oats are fairly smooth, about 30 seconds. Pour batter into a medium bowl and let it rest until it has thickened a bit (10 to 15 minutes).

Gently fold the blueberries into the batter. Heat that griddle or skillet and spoon 2 heaping tablespoons of batter onto the pan for each pancake. When the tiny bubbles on the surface begin to pop and the edges are dry, gently flip and cook for about another 2 minutes.

Bonus: leftover pancakes can be frozen (put a piece of wax paper between each) and reheated on busy mornings. ENJOY!

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:

CHRISTMAS EVE

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

Friday:

MERRY CHRISTMAS!

No classes today

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.