



***“Write it on your heart that every day is the best day in the year.”
- Ralph Waldo Emerson***

It's finally here! The LAST week of 2020

TIPS FOR KICKING THIS YEAR TO THE CURB AND STEPPING INTO 2021 WITH CLARITY AND NON-ATTACHMENT -- HAPPY NEWSLETTER FOR THE WEEK OF DECEMBER 28

Was it really all that bad of a year? Yes. Yes, it was, BUT it was a great year in terms of learning to let go. Like, really, really let go. Things like security, expectation, concerts, dining in . . . lipstick!

Reinvention is the name of the game for 2021. I've never been a fan of the word "resolution" but I particularly don't like it when it's used in conjunction with "New Year's". So many negative things come with that. "New year, new you!", "No excuses"... I gotta stop there because it's just gross and it's a narrative we're heard for too long.

This is the time of year when the fitness, nutrition, and wellness industry circles your insecurities like a pack of buzzards ready to dive into your headspace and your wallet. It's a relentless cycle and I, for one, have had enough of it.

Extreme dieting and exercise don't work. Hard stop. If you want to try a new nutrition habit, great! New exercise regimen, moderating habits, cool! I'm all for it and am here for you.

Beating yourself up, negative self talk and all the toxic messages curated by the diet and fitness industry are poison and lead to self-sabotage and unhealthy behavior.

Let's shift that, shall we? Changing the voices in our head is hard sometimes. It takes practice. Look to things like meditation, turning off the news (but stay informed), and tuning out the social media that perpetuates the bullshit negative self-image messages that have been living rent free in our psyches.

Turn to healthier, more positive practices: walks, hikes, long talks with old friends, writing letters. Set intentions along the way. Use these things as exercises of expansion and exploration. This is how we grow. This is how we evolve and invite new patterns that give us the space to reinvent. This is how we let go of harmful patterns and create healthier ones. It's scary, exciting and empowering every step of the way.

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.

This is the community I'm committed to: one filled with support, inspiration, celebration, and growth. In each class, we move, expand, and explore.

Old habits die hard. New habits are created with patience. What will 2021 unfold? Let's take the leap together. Let's expand. Let's reinvent the narrative. Let's be fierce. Together. I look forward to sharing this path with you. Join me, won't you?

On Friday, I'll launch an unlimited membership for \$89 per month. No contract, no strings attached, simply a month-to-month opportunity for you to take as many of my classes as you want to fully explore movement, flexibility, and strength with me in a safe, supportive, and fun environment.

Packages of 10 classes will still be available, but I'm retiring the 5-class packages as of Friday. Price changes are outlined in the right-side panel beneath the schedule. All prior purchases will be honored, of course.

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!

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!

Be fierce and let's go!

Janine



Taking a moment to celebrate the legacy of love these two shared. Today (December 28) is their 70th Wedding Anniversary. Though Dad left us nearly 8 years ago, the memories and stories live on. Their love was fierce. I also just wanted to show off what a damn good looking couple they were.

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:

NEW YEAR'S EVE

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

Friday:

HELLO 2021!

9:00 a.m. FUNctional Strength
10:30 am. 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.