

# JANINE · B · FIT

## YOGA · MAT PILATES · TRAINING

*"Uncertainty is an uncomfortable position, but certainty is an absurd one." - Voltaire*



## *Twists, Turns, and Tsunamis*

AND THINGS TO HELP RIDE THE WAVES FOR THE WEEK OF DECEMBER 7

Another lockdown. Here we are. I'm not going down the obvious "Well . . . how did I get here?" dialog, but more of a, "the tide is high, but I'm holding on", kind of approach. Yes, that was just a Talking Heads and Blondie analogy.

How do we stay the course? How exactly do we "dig deep"? And, as I posed last week, HOW do we keep from flying into a complete rage every day? How the hell do we toe the line? Especially now.

This has been a particularly challenging week that has invited me to grab my most powerful bow and take to the battle of life in ways I sometimes recoil from, but must move toward.

We step onto our mats and into a space that invites health and wellness and, sometimes we resist. We want to sleep in, we want to "start tomorrow", yet we persist. We start to move, invite mobility, explore strength, and create a powerful presence for ourselves. We can, and do, leap tall buildings in a single bound day after day.

We also surf tsunamis on boogie boards and make it look as graceful as a well-rehearsed ballet even though it may not feel like it in the slightest. We are more powerful than the stuff that comes our way and fiercer than the stories we tell ourselves. And, sometimes, the things that appear to be the most unnatural turn out to become the most natural state of being and develop into our superpowers. If we just take a step back and check it out, we do great things every single day. I see it in our classes and hear it in your voices. Trust me.

As we move into these next few weeks, and as things appear to be uncomfortable, I invite you to explore the notion becoming the boss of the things that invite discomfort. It's not easy, but we learn more about ourselves along the way. And in the process, we create a space of inspiration for others. So, keep up the good work. You're doing great. Really.

Be good to yourself. Check in with your people. Just showing up is all it takes.

## *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.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.

In a previous newsletter, I shared that my pricing will be shifting effective January 1, 2021 and I wanted to share that with you this week.

First, here's the current pricing structure for my classes:

First time student intro offer: \$40 (30 days unlimited classes; 10% off package purchase at end of intro period)

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

Series of 10 classes: \$120

Series of 5 classes: \$70

Prices as of January 1, 2021:

First-time student intro (no change): \$40 (30 days unlimited classes; 10% off package purchase at end of intro period; and 10% off first month if joining monthly --- there will be no contract there, btw; it will be month-to-month).

Single class drop in: \$20 for one-hour classes; \$12 for 30-minute classes

Series of 10 classes: \$140

Monthly unlimited: \$89

*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.*

**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 and I'll take care of updating. I get it. Sometimes our inboxes are just too damn much.

Remain awesome -

Janine

## THIS WEEK'S CLASSES:

### Tuesday:

8:00 a.m. Hatha Flow 30

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:

8:00 a.m. Pilates Power 30

9:00 a.m. FUNctional Strength

12:00p.m. Pilates Power 30

### Thursday:

8:00 a.m. Hatha Flow 30

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

***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.***