

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING

*“I have decided to stick to love...Hate is too great a burden to bear.”
— Dr. Martin Luther King Jr.*

Renewed Hope

AND REMOVING OBNOXIOUS ORANGE STAINS -- NEWSLETTER FOR THE WEEK OF JANUARY 18

Last week, as I was helping my Mom organize her move, I took a break out back and snapped the above pic. A perfect rose, in full bloom. It was a beautiful and fragrant reminder of hope, gratitude, and grace.

While traveling through many emotions, it became easy to capture the essence of grace and patience. Emotions like anger and frustration certainly surfaced frequently, but were quickly replaced by the the more positive ones. Not easy. Not pretty. I ugly cried many times.

Coming out the other side is key when this happens. Do we walk around discomfort or do we face it and walk head on through it?

Has someone next to you ever splashed, say, spaghetti sauce on a favorite light-colored top? It's happened to me. Too many times to count. It leaves a hideous orange stain.

After many attempts to remove said stains, I learned that an Oxyclean paste does the trick.

Voila! Renewed hope and I can wear that garment for four more years and feel really

good again about my friend who did that thing.

This is a week of cautious optimism, celebration, and the conquering of love over hate. Lead with an open, loving heart and you win big time. I promise. Try it out.

As usual, it takes courage and patience, but with practice our collective hope will be renewed.

This week's schedule is adjusted around Wednesday's Inauguration of President Biden and Vice President Harris so take a look, book, and let's go!

Try something new this week. Haven't tried Pilates? Give it a go! What's this "FUNctional Strength" thing? For one, it's super fun and a little different approach than you might think.

Let's make a pact to embrace love -- mostly, love for self and space for others. Now is the time.

GOOD THINGS COME TO THOSE WHO PRACTICE

AND WHEN WE PRACTICE TOGETHER, WE FORGE A BEAUTIFUL COMMUNITY.

NEW? CHECK OUT MY \$40 UNLIMITED 30-DAY OPTION

LOOKING FOR DAILY PRACTICE LIVE STREAM CLASSES WITH UNLIMITED ACCESS? CHECK OUT MY \$89 MONTHLY OPTION

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.

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
4:30 a.m. FUNctional Strength
5:30 p.m. Pilates Strength

Wednesday:

INAUGURATION DAY!

Thursday:

9:00 a.m. Hatha Yoga 1
10:30 a.m. Pilates Strength
12:00 p.m. Hatha Flow 30
12:45 p.m. Pilates Power 30

Friday:

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

Pricing:

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)
Monthly unlimited +VOD access: \$119
Monthly VOD access only: \$39

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.

Tired of the pandemic? So am I. But we're on our way to better days and back to the things we enjoy most. Will it ever be the same? Probably not. But one thing I can promise is that I'll be here. Ready to rock your world every week and continue to build our wonderful community.

NEW STUFF REMINDER (*mostly because last week was a blur*): I recently launched an \$89 unlimited offer and, this week I'm adding access to recorded sessions. During the first month of the \$89 offer, subscribers will gain access to the video library for that month. After the first month, full access to unlimited live classes and the video library will be \$119/month. Only interested in recorded sessions? As always, I've got you covered. You can subscribe to unlimited access for recorded classes for \$39 per month. No contracts. All offerings are good for 30-days and can be set up for autopay renewal, if you like.

First Saturdays launch! Starting February 6 with Yoga 101, you are invited to join a two-hour workshop to explore and ask all the nitty gritty questions about yoga, Pilates, training, and overall health and wellness. My goal is to expand and explore conversation in all of these areas and create a community of mutual support and inspiration. More details to come, including registration info.

Do you have something specific you'd like to work on? PLEASE let me know! Drop me an email/text/social media message/whatever! I'm here for YOU and am honored to be part of your health and wellness journey.

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, simply send me an email.

With love and badassness -

Janine



Our beloved dogs and my constant companions, Hilda and Arnie, in the backyard of my childhood home in Camarillo.