

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING

*"It's a new dawn
It's a new day
It's a new life, ooh
And I'm feelin' good."
- Anthony Newley and Leslie Bricusse*

Birds Flyin' High

NEWSLETTER FOR THE WEEK OF JANUARY 25

Watching and listening to the amazing John Legend perform that song on Tuesday night brought even more tears of hope to my eyes after a full day of powerful performances.

Feelin' good was on my mind all day without knowing it would be the final song of the Inaugural Celebration. What a perfect summation of a great day that was filled with moments we will all remember where we were when we experienced them. Amanda Gorman's "The Hill We Climb." Lady Gaga's National Anthem. Garth Brooks joyfully hugging the Obamas and the Bushes.

Unity.

It was inspiring. It was joy filled. It left me wanting for more.

What inspires you? What incites your joy? What leaves you wanting more?

This is the time to explore, learn, and exchange.

Let's fly high. Like Gaga's Dove of Peace on her stunning Schiaparelli creation. Let's soar and create a new day together. Let's feel good.

Community.

Our community is filled with power, strength, and courage. It's also filled with wisdom. Tap into it. Discover your most amazing self. I am honored to be your guide.

This Saturday, we start First Saturdays. A two-hour workshop to practice and dive deep into the nitty gritty of alignment, anatomy, and why do we do certain poses or exercises. My intention is to be your guide to demystifying the stuff that can be confusing, difficult, and seemingly unattainable.

"Because, stars when you shine you know how I feel." And I want the same for you. My goal each time we meet is for you to discover your most amazing self. Let's shine!

FIRST SATURDAYS: FEBRUARY 6

JOIN ME ON THE FIRST SATURDAY
OF EACH MONTH FOR A
COMPREHENSIVE
PRACTICE/WORKOUT AND
DISSECTION OF THE WORK.

FEBRUARY 6: YOGA 101
\$30 PER PERSON
VENMO @JANINE-BAILEY (LOOK
FOR KALI AS MY PIC)
ZOOM LINK PROVIDED UPON
PAYMENT RECEIVED

WHAT TO BRING: YOGA MAT,
BLANKET, STRAP, BLOCKS,
NOTEBOOK, WATER, AN OPEN
MIND, AND READINESS TO
EXPLORE.

NEW STUFF REMINDER: 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 IS HERE! On February 6, we'll launch Yoga 101: Essentials and Explorations of Alignment and Integrity in Your Practice. That's a mouthful! You are invited to join a two-hour workshop to explore and ask all the nitty gritty questions about yoga. Come for info, stay for the rabbit hole. We'll practice then dissect that practice. I'll answer all your questions and if you stump me, I'll turn to my teachers and come back to you with further information. Sound fun (and exhausting)? Yes! Sign up, grab a notebook and log on the 6th. Let's have some good conversation.

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. I'm super open to suggestions for all future First Saturdays. I love learning with you. I might be a teacher but I'm also a student.

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. \

Expand the circle, share the love. Please share this with anyone you'd like. The more the merrier, the more connected.

In health, wellness, and strength -

Janine



Ending of a beautiful day at my sister-in-law's home

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
12:00 p.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:

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

Login to:

<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.