

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



*"Life begins at the end of your comfort zone."
- Neale Donald Walsch*

Fall back ... in love with life.

THE "BECAUSE LIFE IS GOOD" EDITION FOR THE WEEK OF NOVEMBER 2

Welcome to shorter days and cooler nights and, while we're at it, let's embrace this new month with steadfastness and clarity.

Smashing comfort zones has been an ongoing theme throughout my life. My father instilled in me the fine art of perseverance and a healthy dose of fearlessness, while my mother provided the balance with grace and patience. The word "Courage" is tattooed on my left forearm as a reminder that if something scares you, you ought to do it anyway (within reason, of course!).

This week's photos are brought to you by moments in my life where I crushed comfort zones. A few years ago, I assisted for an Equinox yoga class on top of the U.S. Bank building at 6:00 a.m. Heights are probably my least favorite thing.

Flying might be at the top of that list, but I won't let it stop me from doing rad stuff like travel to South India almost seven years ago and had the time of my life.

When have you pushed the edges of your comfort zone? When have you wanted to throw in the towel, but didn't? Yoga speaks to getting in the mud, exploring the shadows, and emerging stronger, clearer, and wiser.

Pilates brings us awareness to focus and precision. We got this. The work is worthwhile and the reward is great. Let's get to it! Shall we?

If you haven't been able to jump into my classes or have a friend you'd like to share me with, check out my intro special.

FIRST-TIME STUDENT INTRO SPECIAL:

IF YOU HAVEN'T HAD THE CHANCE TO JUMP INTO MY VIRTUAL STUDIO YET, THIS IS THE OFFER FOR YOU! 30-DAYS, UNLIMITED FOR JUST \$40. EXPLORE EACH OF MY CLASSES AS MANY TIMES AS YOU LIKE DURING YOUR INTRO PERIOD. IF YOU SIGN UP FOR ONE OF MY PACKAGES AT THE END OF YOUR INTRO PERIOD, I WILL EXTEND A 10% DISCOUNT ON YOUR PURCHASE.

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)

YES, YOU NEED TO SET UP AN ACCOUNT (WHICH IS FREE). IF YOU ALREADY HAVE A MINDBODY ACCOUNT, GREAT! JUST SEARCH FOR JANINE B FIT.

The Holidays are coming up fast and birthdays never stop coming, right? GIFT CERTIFICATES make a wonderful present for a friend, loved one, co-worker, or anyone you'd like to share the gift of health and wellness with.

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, as always, if money is keeping you from practicing, please let me know. I'm committed to providing health and wellness to all. Contact me directly and we'll work it out. I got you!

I look forward to being your Huckleberry as you explore your comfort zone. Your courage, strength, and tenacity inspire me in every class. Keep it up!

Need anything? Email me!

Keep on rockin' -

Janine



THIS WEEK'S CLASSES:

Tuesday:

8:00 a.m. 30-minute Get Up and Flow Yoga

9:00 a.m. Gentle Yoga

10:30 a.m. Mat Pilates

12:00 p.m. 30-minute UnDesk Vinyasa Lunch Break

5:30 p.m. Mat Pilates

Wednesday:

8:00 a.m. 30-minute Get Up and Move Mat Pilates

9:00 a.m. Resistance Band Boot Camp

12:00 p.m. 30-minute UnDesk Mat Pilates Lunch Break

Thursday:

8:00 a.m. 30-minute Get Up and Flow Yoga

9:00 a.m. Gentle Yoga

10:30 a.m. Mat Pilates

12:00 p.m. 30-minute UnDesk Vinyasa Lunch Break

Friday:

9:00 a.m. Hatha Flow Yoga

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.