

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



Be Mighty!

ALL DAY EVERY DAY FOR THE WEEK OF NOVEMBER 16

If you've ever strolled around Sequoia National Park, I'm sure you've been awestruck by those trees and their mighty presence. The scent of the forest floor is as intoxicating as the light that filters through the branches in the afternoon sun. Simply magical. So much so that you might even be inspired to do a handstand in one their shadowy burned out spaces.

When we explore our bodies in movement, there's a feeling that takes over and keeps us coming back for more over and over. We need to move. I used to tell my kids to "Be a verb." Never stop exploring and always be amazed at what you can do. All movement is good movement and when we discover our strongest, most vibrant self together, it's magical. This is why I love teaching live stream classes more than sharing recorded ones.

Here are just a few benefits of taking live stream classes:

- 1) We get to share feedback. If something's perplexing or I can see that a quick verbal adjustment would help, we can do that. With recorded videos there is no feedback.
- 2) There is the opportunity for interaction between student and instructor. If you went for a long hike the day before and your hips are screaming at you, for example, let me know at the start of class and I can tailor the class to address whatever you've got going on.
- 3) Variety. While we may do many of the same postures or exercises, we get to shake things up in live streaming. Plus, it's a bit easier to gauge your progress as you advance.

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. 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)

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.

4) You can share a few laughs along with the grunts and groans that go along with hard work. It's important to incorporate fun into your workouts. While it's serious business, fun is allowed.

There is absolutely tons of great recorded content out there for a lot less, but with live stream classes you get to be part of a growing community who moves to inspire and be inspired by each other. So, jump on in!

Not sure where to start? Email me! I'm here for you and would love to help you discover your mightiest, truest, strongest and most amazing self. Let's make it an adventure and have some fun while we're at it. Will it be easy? Heck no! And that's why you're here. I've got your back . . . and your glutes, abs, shoulders . . .

Don't have a lot of time? No problem! Check out the 30-minute sessions on my schedule.

And don't forget my \$40 for 30-days intro deal! (details above). Perfect if you haven't had an opportunity to join me or if you have a friend or two looking to try a new live stream class experience.

I will be doing a THANKSGIVING DAY donation yoga class at 9:30 a.m. benefiting Heroes Linked. More details on that later but check out what this amazing group does for veterans here <https://heroeslinked.org>.

THE GIFT THAT KEEPS ON GIVING: 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 with whom you'd like to share the gift of health and wellness.

IMPORTANT UPDATE: Prices will be going up January 1 and a monthly option will be added along with some fun challenges to get your 2021 off to a kickass start.

Let' face it, 2020 has left something to be desired but we have each other and that's A LOT to be thankful for in my book.

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, 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!

Need anything? Email me: jpbailey216@gmail.com

Remain mighty,

Janine

THIS WEEK'S CLASSES:

Tuesday:

8:00 a.m. 30-minute Get Up and Flow Yoga -*CANCELED THIS WEEK*

9:00 a.m.
Gentle Yoga

10:30 a.m.
Mat Pilates

12:00 p.m.
30-minute UnDesk Vinyasa
Lunch Break - *CANCELED THIS WEEK*

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
12:00p.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.