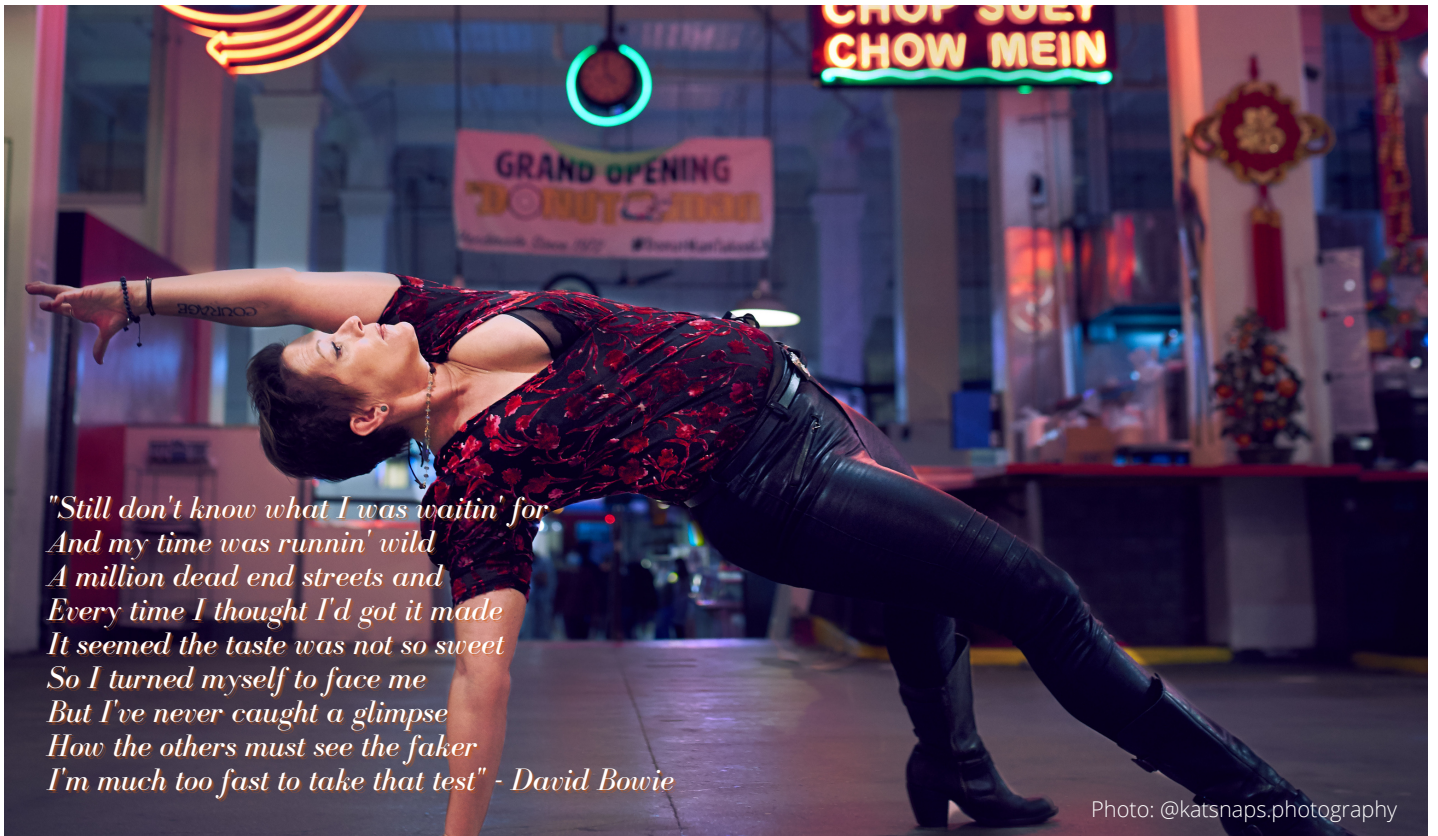


# JANINE · B · FIT

## YOGA · MAT PILATES · TRAINING



## Inhale. Exhale. Repeat.

CH-CH-CH-CH-CHANGES FOR THE WEEK OF NOVEMBER 9

The last few months, okay, years . . . have felt much like driving on the 210 freeway at 80 MPH, surrounded by big trucks and SUVs driving like they're Ferraris, while white-knuckling the whole way in my little Subaru. No matter where I was headed, I felt like the Evil Empire's TIE fighters were out to get me and all I could do was notice, take a deep breath, and drive the way my Dad taught me -- with confidence and awareness of everything surrounding me.

When life throws you into chaos, stop, drop, and take a beat. As Bowie sang, "I watch the ripples change their size, but never leave the stream." The ripples and waves will never stop, but you can control how you move through them. Whether it's meditation, yoga, Pilates, strength and conditioning, or simply getting outside for a walk -- do something good for YOU!

Life under Covid has been overwhelming, uncertain, and frustrating. Your self-care should be the opposite. And making a few small changes in your routine can make a huge difference - physically and mentally.

Not sure where to start? Hit me up! I'm here for you and love moving with and for YOUR health and wellness. 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. If it were easy, we'd call it "Brunch."

Don't have a lot of time? No problem! You have six 30-minute classes to choose from that will give you a solid and quick kick-start or mid-day break in your routine.

## 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.

If you're looking for a full-body workout that will leave you sparkling, check out my 9:00 a.m. Wednesday Resistance Band Boot Camp class. Bands not required, but sure do make it fun. Grab your hand weights too!

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. Let's face it, there's no shortage of great recorded content out there right now for a lot less, but with live-streamed classes you get to ask questions, be part of a community, and especially get one-on-one attention along the way.

**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.

**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!

**INHALE, EXHALE, REPEAT.**

Need anything? Wanna set up a private Zoom session? Email me: [jpbailey216@gmail.com](mailto:jpbailey216@gmail.com)

With grit and grace,

Janine

P.S. Here are some great self-care stretches from Healthline that can help you get a good night's rest.



## *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

**12:00p.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.