



START LIVING THE LIFE YOU ALWAYS IMAGINED

Greetings!

Mark your calendars! This coming Thursday October 27th at 7:00pm will be our last **Free Monthly Nutrition Workshop**. **Natalie Peterson will be hosting this workshop on Sugars**. We hope you can join us! [CLICK HERE](#) to sign up.

On November 12th at 10:30am Joyce Brown will be hosting a **Thai Yoga Massage workshop**.

Join us and learn to give a Thai massage as well as receive one! All postures will be demonstrated and then given with guidance. [CLICK HERE](#) to sign up

Our Cycling for Charity Class has begun a tight race between Food Gatherers & Ann Arbor Film Festival. Check out the leader board below! The orange bike belongs to Food Gatherers with 150.4 miles and the white bike belongs to the Ann Arbor Film Festival with 139.7 miles.

There is still plenty of time to come ride for all 5 organizations: Food Gatherers, Michigan Theater, Ann Arbor Film Festival, Ann Arbor Art Center and Ann Arbor Summer Festival.

Every Monday from 6:00-6:45pm come ride for free, bring a friend and earn miles for your favorite Ann Arbor Organization. We will keep track of your miles in the studio and at the end of November Imagine will be making a donation to the organization with the most miles.



Thank you for all you do to help make the Imagine community all that it is. See you soon!

TEAM IMAGINE

P.S - Don't miss our client spotlight on Carol Gagliardi [CLICK HERE](#) for her story!



Nutrition Workshop

imagine
FITNESS & YOGA

LET'S TALK SUGAR

Thursday, October 27, 2016

7:00pm-8:00pm

How sugar affects your body, ways to avoid it, and how to find healthful alternatives



3100 West Liberty Ann Arbor, MI 48103

734-622-8119

Client Spotlight: Carol Gagliardi



What brought you into Imagine?

I had been interested in taking a yoga class for awhile but had never got around to it. When Imagine opened right below the dentist office it seemed too convenient to pass up. Still I hesitated, until I had my annual routine physical and found out that I had osteoporosis from a tumor on my parathyroid.

The parathyroid regulates calcium and because mine was overactive, it caused calcium to leach from my bones. I had the tumor removed but realized that the damage was done and I had better start taking my health a little more seriously...

[CLICK HERE](#) to hear the rest of Carol's Story!

Do you enjoy Imagine?
Share our newsletter with a friend so they can take
advantage of our 2 weeks for \$20 special!

New Member Special!

2 weeks Unlimited Classes
and Gym Usage for:



\$20

*First time users only

*Try us out &
Fall in Love
with Imagine*

If you are receiving this email it is because you are a part of our Imagine Community. For that we thank you and we celebrate you.

Here at Imagine we always aim to ensure that our guests are receiving a personal touch. If there is ever anything that we can do to make your experience at Imagine more enjoyable please do not hesitate to let us know!

Start living the life you always Imagined!

John and Jackie Farah
Imagine Fitness and Yoga



HAVE YOU LIKED US ON FACEBOOK YET? REVIEWED US ON YELP?
CONNECT WITH US HEAR FOR THE LATEST NEWS AND FITNESS TIPS!





**SHARE THIS
EMAIL**

DID YOU ENJOY THIS MONTHS
NEWSLETTER? SHARE IT WITH A FRIEND!

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