



START LIVING THE LIFE YOU ALWAYS IMAGINED

## Greetings!

Imagine is excited to share lots of new info!

Our Enrichment Series Continues with:

A purple rectangular flyer for a yoga event. In the top left, it says "NEW Enrichment Series Topic!" in white, with "Learn, Enrich, Grow" below it. In the top right is the "imagine FITNESS &amp; YOGA" logo. The center features the text "New Date!" in a bold, white, sans-serif font, with "Yoga for Arthritis" written below it in a large, white, cursive script. A teal silhouette of a person in a yoga pose is visible behind the text. At the bottom, it says "Monday, April 17th 7:00pm - 8:30pm with Wendy Dolen" in white.

**Yoga for Arthritis** (*rescheduled to*) **Monday, April 17th 7:00pm - 8:30pm**. Instructor Wendy Dolen will be teaching. Participants will learn how to implement yoga into their lifestyle in order to alleviate pain and joint stiffness. Yoga aids in increasing overall well being and reduces the stress and frustration that can arise from living with chronic pain. Props such as blankets, blocks, and bolsters will be used in order to achieve comfort in each pose and posture you learn.



### **Diet and Exercise Together - The Best Combination for You**

This session will be **Thursday, April 27th 7:00pm - 8:00pm** with Jackie Farah. You won't see weight benefits by exercising alone, you need to combine it with a healthy diet too. In this workshop we will help you find the right balance!

Give us a call to Sign Up for one of our Enrichment Series classes: 734-622-8119 or Sign Up online at [MindBodyOnline](http://MindBodyOnline)

[Click here](#) to download the Enrichment Series Brochure for more details on all the classes.

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**Read our latest blog post [HERE](#)  
John and Nelson's Corner: Fitness  
and Persistence**

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### **New Instructor and New Class**

Imagine is happy to welcome a **NEW Yoga Instructor: Sandra Allen**. Sandra has completed over 300 hours of training and has been teaching Vinyasa and Power Yoga classes for over 12 Years.

Starting April 17th, Sandra's class will be offered:

Sign up [Here](#)

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**Save the Date, June 14th** for our Summer Festival Party! Join us and celebrate our **2 year anniversary!**

Also, a friendly reminder to sign up for classes *in advanced*. Classes have been filling up, and we want to make sure you have a spot. Also, knowing the number of people in a class helps our instructors come better prepared which means you can get the most out of your class!

**Sign up for classes [HERE](#)**

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Last Ride: Friday, April 28th!

Ride to help build miles for 1 of 5 participating charities

At the end of the race, the charity with the most miles tallied, will receive a \$1000 donation from Imagine

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# What's New at Imagine?

Stay up to date on everything that is happening at Imagine! Be sure to follow us on Facebook and social media. Also, subscribe to our email newsletter.



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Do you enjoy Imagine?

Share our newsletter with a friend so they can take advantage of our 2 Weeks for \$20 special!

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 anything we can do to make your experience at Imagine more enjoyable, please let us know!

Start living the life you always Imagined!

John and Jackie Farah  
Imagine Fitness and Yoga



Have you liked us on Facebook? Followed us on Twitter, Instagram, or Pinterest? Be sure to stay connected to hear all the latest updates and news in health and fitness! Also, review us on yelp to let us know how we are doing.





**SHARE THIS  
EMAIL**

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

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