



START LIVING THE LIFE YOU ALWAYS IMAGINED

Greetings!

As the summer winds down at Imagine we are getting ready to roll out our new Fall Schedule. With longer hours and more classes to enjoy we hope to see a lot more of everyone. **The new schedule will officially begin Tuesday September 6th.** More details to come soon!

We also have a new very special program that we would like to invite you to be a part of. **Imagine will be hosting Lunch & Learns here in the studio for local businesses.** Each workshop will be an hour long and feature a 30 minute workshop with lunch included. Check out all of the details below and please email Natalie@imaginefitnessandyoga.com for more information.

This month we said goodbye to a very special member, Gloria Thomas as she starts a new adventure out of state. We have Gloria in the spot light this month on our blog. [CLICK HERE](#) to read about Gloria's journey with Imagine.

Enjoy your day! See you soon at Imagine.

TEAM IMAGINE

Lunch & Learn with:



Bring your team and enjoy a healthy lunch and education on health & fitness.

\$15 per person (minimum 5, cap 12).

Our wellness topics will be relevant to you, go home with a plan you can implement today!

Email: natalie@imaginefitnessandyoga or call 734.622.8119 to book your session

Lunch & Learn Topics



In Office Exercises / Stretches

When you sit behind a desk during the day it is essential that you make a conscious effort to move every 30-60 minutes. We know that sometimes leaving your desk just isn't possible. This 30-minute workshop will teach you essential stretches that you can do in your chair that will leave you feeling refreshed!

Healthy Eating on the Go

Eating healthy is not easy, especially when you are away from home for most of the day. There are tricks and tips that make it easier to eat healthy when you are on the go – the most important is being prepared. During this 30-minute workshop you will learn the basics of sticking to a healthy diet even when you are on the run.

Do Anywhere Exercise

Workouts can be done anywhere at anytime that is convenient for you! During this 30-minute workshop you will learn simple yet effective bodyweight exercises to implement into a 10-30 minute workout anywhere, anytime!

Mindfulness + Breath-work

Being in the present moment is essential for maximum productivity. In this 30-minute workshop you will learn techniques to maintain your focus throughout the day. Included will be techniques in breath work and mental preparation.

Common Healthy Eating Myths

There are so many differing opinions out there when it comes to nutrition, it can be difficult to know who and what to trust. In this 30-minute workshop you will learn to debunk the top 5 most common healthy eating myths out there today. Learn from a trusted source so that you can make the best decision for your health.

Interested in a topic you don't see here?

We are happy to customize a presentation to best suit your needs.

Member Spotlight

Gloria Thomas

I got the postcard in the mail about Imagine's special, 2 weeks for \$20. I remember it was the 2015 Thanksgiving break from U-M and getting colder outside so I was looking for a new gym. I had mostly been running after leaving my previous gym due to an injury I sustained there.

I visited Imagine nearly everyday that first week and got hooked.



[CLICK HERE TO READ THE REST!](#)

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



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!

Imagine Fitness and Yoga

imagine@imaginefitnessandyoga.com

<http://www.imaginefitnessandyoga.com>