



START LIVING THE LIFE YOU ALWAYS IMAGINED

## Greetings!

Imagine has lots of great news to share with you!

Mother's Day is May 14th, have you gotten something for her yet? Give her the gift of Imagine! Help her relax and unwind with a massage from one of our massage therapists. Give us a call (734) 622-8119 to book today!



**Don't forget about  
Mother, darling!**

Mother's Day is May 14th!  
Book her a relaxing and  
refreshing massage with one  
of our massage therapists.

Happy Mother's Day from:



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Our Enrichment Series Continues with:

New Enrichment  
Series Topic:



tuesday  
may 23rd

instructor:  
sam Lieberman



**Yoga for Back Care** (*new date and topic*) **Tuesday, May 23rd 7:00pm - 8:00pm.**

Instructor Sam Lieberman will be teaching. Back pain is one of the most common causes of discomfort in the body. Yoga can help you not only alleviate pain but to avoid it all together. Learn safe and effective postures to help you during times you are experiencing pain as well as preventative postures to increase the health and wellness of your entire body.

Maintaining the health and flexibility of your spine through Yoga is something that every person can benefit from. No experience is necessary; all levels are welcome

Single Enrichment Series Class: \$20  
6 Pack of Enrichment Series Classes: \$72

A banner with a pink background and silhouettes of people in yoga poses. The text "NEW CLASSES" is written in large, white, outlined letters. To the left, the letters "N", "E", and "W" are stacked vertically. To the right, the text "Level I/II Vinyasa" is written in white, followed by "Monday's 9:30am - 10:45am with NEW Instructor: Sandra Allen Beginning April 17th". Below that, "(NEW START DATE) Yoga Fusion" is written in white, followed by "Friday's 9:30am - 10:30am with Sam Lieberman Beginning May 5th".

**N**  
**E**  
**W**

**Level I/II Vinyasa**  
Monday's 9:30am - 10:45am with NEW Instructor: Sandra Allen Beginning April 17th

**CLASSES**

**(NEW START DATE) Yoga Fusion**  
Friday's 9:30am - 10:30am with Sam Lieberman Beginning May 5th

**NEW Classes!**

Imagine is happy to announce TWO new classes:

**Vinyasa Yoga Level I/II**

Monday's, 9:30am - 10:45am  
with new instructor Sandra Allen

## Yoga Fusion

Friday's, 9:30am - 10:30am

with Sam Lieberman

Yoga Fusion is a fun class that combines the strength training of a circuit class with a blend of various types of yoga. The perfect combination for those who think they can't take a full hour yoga class, or a full hour circuit class.

Sign up [Here](#)

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Read our latest blog post from John and Nelson's Corner:  
Running Your First 5K  
Great tips to help you train for the Dexter Ann Arbor Run June 4th!

Click [Here](#) to read





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## Healthy bodies in a healthy community!

Imagine Fitness and Yoga is dedicated to helping everyone improve fitness and maintain overall health, promoting a healthy community for all to enjoy.

With lingering colds, allergy season and other seasonal changes, please refrain from visiting the studio. It's in everyone's best interest to keep our community germ free.

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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](#)

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.



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

**Imagine Fitness and Yoga**  
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