



START LIVING THE LIFE YOU ALWAYS IMAGINED

Greetings!

It's starting to feel like fall outside, and as the season changes, it is a great time to add something new to your usual fall routines. We are excited about a new workshop coming up soon, classes that just started in September, and a new addition to the front desk team!

THIS THURSDAY!



THURSDAY • OCTOBER 5TH • 7-8PM

ESSENTIAL OILS WITH JESSICA'S SKIN & BODY APOTHECARY

Workshop Price: \$20

Enrichment Series Workshop: Essential Oils

Thursday, October 5th at 7:00pm - 8:00pm
with Jessica Goniea

Learn how to use essential oils in your life to improve health and wellness. The owner of Jessica's Skin and Body Apothecary will be here to answer all of your questions about essential oils.

Price: \$20

Sign up online: [HERE](#) or

Call us: (734) 622-8119

Greetings from our newest team member



Hi everyone!

My name is Laura, and I am thrilled to be a new community member here at Imagine! Some of you may have seen me around at the front desk and in some classes. I would like to take this time to introduce myself to you all in hopes that you get to know me as I begin to know you all!

To start, I am a student finishing up my bachelor's degree at University of Michigan with a major in Ecology, Evolution, and Biodiversity. I really like plants, wildlife, microbes, and the many natural systems that surround and are part of us. I grew up next to Lake Michigan in Harbor Springs, MI, where I love to swim, hike, and watch sunsets over the lake. At U of M, I was fortunate to study Kiswahili (the predominant language of East Africa) and to travel to Tanzania twice, in which I worked closely with the community there. I easily fell in love with East African culture and would recommend anyone to travel to the fascinating continent of Africa.

When I'm not here at Imagine, I enjoy being in nature with my Australian Shepherd (Mouglie) and volunteering with the many animals at the Creature Conservancy in Ann Arbor. I like to draw, and I also love cooking up new dishes - especially now since I began my first garden! Additionally, I enjoy harvesting the many things on my property including walnuts, cherries, and grapes (I just started my first batch of wine!). If you have any harvesting and/or gardening tips, I would love to hear from you!

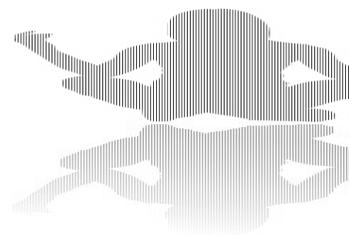
I am excited to be here - thank you for having me! I can't wait to get to know you all!

Warmly,
Laura McQuarter

Class Feature: Hatha Yoga

What is Hatha Yoga?

Hatha encompasses the physical postures of yoga, and is often the focus of classes here in the U.S. In Sanskrit "ha" translates to sun and "tha" translates to moon. So, this class balances active, warming postures with relaxing, cooling poses for a well-rounded practice. It is appropriate for those new to yoga and experienced practitioners alike.



When can I go to Hatha Yoga?

Mondays at 6:00pm with Wendy Dolen
Wednesdays at 10:00am with Sam Lieberman

Click to Sign Up

The Art of Balance



On August 24, Natalie Peterson presented an engaging workshop helping people to improve their mobility, balance, and posture. If you missed this opportunity to work with Natalie, she is available for personal training sessions as well as private yoga.

Scheduling a private session is easy! Simply call the front desk at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or stop by to sign up today.

FALL 2017 CLASSES



	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-7:00 am	strength, stretch, flexibility <i>john farah</i>	circuit training <i>jeff barnett</i>	circuit training <i>nelson williams</i>	circuit training <i>jeff barnett</i>			
7:00-8:00 am				ashtanga yoga <i>wendy dolan</i>			
9:00-10:00 am	(9:30am-10:45am) level 1-2 vinyasa <i>sandra allen</i>	level 1-2 vinyasa <i>sam lieberman</i> (8:45am-9:45am) circuit training <i>margo hosford</i> beginning tai chi <i>diane evans</i>	(9:30am-10:30am) getting started with fitness <i>nelson williams</i>	(8:45am-9:45am) circuit training <i>margo hosford</i>	level 2 vinyasa <i>marty betta</i>	(9:00-10:30am) bare bones fitness <i>john farah</i> (9:30am-10:30am) slow flow vinyasa <i>joyce brown</i>	level 1 vinyasa <i>wendy dolan</i> circuit training <i>jeff barnett</i> ** Sept 10th Vinyasa Yoga will be at 8:30am NOT 9:00am
10:00-11:00 am		circuit training <i>margo hosford</i>	hatha yoga <i>sam lieberman</i>	circuit training <i>margo hosford</i>			
12:00-1:00 pm	beginners yoga <i>marty betta</i>			(11:00am-12:00pm) yoga fundamentals <i>sam lieberman</i>	beginners yoga <i>john farah</i>		
6:00-7:00 pm	cyoling <i>jackie farah</i> continuing tai chi <i>diane evans</i> hatha yoga <i>wendy dolan</i>	(5:00pm-6:00pm) getting started with fitness <i>jackie farah</i> (6:00pm-7:00pm) restorative yin yoga <i>arin lawson</i>	circuit training <i>maggie maier</i>	continuing tai chi <i>diane evans</i> cycle and circuit <i>maggie maier</i>	FREE fitness consultations by appointment FREE new client orientation by appointment tuesdays and thursdays 10:00am-4:00pm Studio Hours: Monday-Thursday 6:00am-7:00pm Friday 6:00am-3:00pm Saturday and Sunday 8:00am-12:00pm		

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 your love for Imagine in a review on Yelp. People are always looking for new places. Let's grow our Imagine community.

Review us [HERE](#)



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

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