



START LIVING THE LIFE YOU ALWAYS IMAGINED

Greetings!

We have recently welcomed a number of new clients to the Imagine Family! If you see someone you don't know around the studio, say hello and keep our uniquely friendly community thriving!



FLASH SALE

Get 'em before they're gone! All tanks and t-shirts are 15% off for a limited time. We're making room for new, exciting merchandise for the fall and winter. Stay tuned for more details!

NEXT WEEK!

Yoga for Arthritis

Moving is very important for those who suffer from arthritis! Yoga can help you get moving in a focused and fun way that works all parts of the body, eases tension, and improves joint flexibility.

This workshop will begin with a short presentation about various ways a regular yoga practice can help people with arthritis. The second portion will consist of a yoga practice designed to increase mobility and fluidity in the joints and end with a brief guided-meditation to focus the mind.

Price: \$20

November 16th | 7-8pm

Instructor: Erin Lawson

Imagine Fitness & Yoga

3100 W Liberty | Ann Arbor, MI

734-622-8119

imaginefitnessandyoga.com

Enrichment Series Workshop: Yoga for Arthritis

Thursday, November 16 at 7:00pm - 8:00pm

with Erin Lawson

Yoga is a gentle and safe way to manage arthritis. Participants in this workshop will learn how to implement yoga into their lifestyles in order to alleviate pain and joint stiffness.

In addition to the physical benefits, yoga also aids in increasing overall wellbeing by reducing the stress and frustration that can arise from living in chronic pain. Learn postures specifically healing to your body in order to manage your arthritis.

Props such as blankets, blocks and bolsters will be used in order to achieve comfort in each pose that you learn. No experience is necessary; all levels are welcome.

Class size is limited to 15 people, so early sign-ups are encouraged!

Price: \$20

Sign up online: [HERE](#) or

Call us: (734) 622-8119



Thanksgiving Weekend Hours

Thursday, November 23: 8:00am - 12:00pm

Studio Open - No Classes

Friday, November 24: 6:00am - 3:00pm

Saturday, November 25: 8:00am - 12:00pm

Studio Open - Regular Class Schedule

Class Feature: Cycling

Why should I go to Cycling?

If you are an outdoor runner when the weather is nice, cycling inside is a safe, warm alternative when footing is unreliable due to ice and snow. Also, in seasons with less sunlight it is naturally more difficult to motivate yourself to exercise. A cycling instructor provides the motivation, and once you start going, your classmates will help make you accountable to show up on a regular basis!

When can I go to Cycling?

Mondays at 6:00pm with Jackie Farah

Thursdays at 6:00pm with Maggie Maier (Cycle & Circuit)



[Click to Sign Up](#)

John and Nelson's Corner: The Challenge of Staying in Shape Over the Winter



If you are reading this blog you probably know what winter is like in Michigan:

Winter is the season when some of our best intentions to stay fit are swept aside by our complacency. You know the symptoms/excuses: "It's too cold to run." "It's too dark for a walk." "My gym is too crowded, hot, cold, far away, etc, etc."

Or, if you are honest with yourself, "I am too cozy at home, why venture out?"

Then suddenly it's spring again and you find you've lost most, if not all of the fitness you worked so hard to achieve. Now you are back to zero and worse you have also put on a few pounds.

Here are some suggestions that will help you deal with the inconvenience of winter:

[Read More](#)

Essential Oils



We were so happy to welcome Jessica Goniea of Jessica's Skin and Body Apothecary last month for an informative and fun workshop all about essential oils! She gave a talk about the best ways to use essential oils and demonstrated her special oil blends for everyone present. Thank you, Jessica!

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](#)



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

Imagine Fitness and Yoga
imagine@imaginefitnessandyoga.com
<https://www.imaginefitnessandyoga.com>