



News and Updates



TOMORROW!
October 30, 6:30 pm
Free Event for Clients
ONLY 5 SPOTS LEFT!
MEMBERS & FRIENDS

November's Pick Two
YOGA!

SIGN UP NOW!

Join us on Wednesday evening,
October 30th at 6:30 pm for a
spooktacular flow class led by JT.

Class will begin at 6:30 pm, on the cusp
of darkness as we enjoy a fun evening
of relaxing yoga in a **glowing** fashion.
"Glow" adornments will be provided,
wear bright clothing to light up the night!
Then stick around afterwards for some
witch's brew and snacks.

Treat a friend for a special
\$10 drop-in rate.
Limited class size, sign up **now!**

SOUP SEASON!

Fall is the best time to make a variety of
soups - they're easy to put together and
great for lunches throughout the week.

The greatest benefit of making your own
soup is fresh ingredients and
personalized recipes for added nutrition
and reduced sodium.

We all know the potential risks of too
much sodium in our diets from obesity
to heart disease and high blood
pressure.

The CDC states that "Americans get
71% of their daily sodium
from processed and restaurant
foods"

Where do you start?

Sauteed onions are a great flavor base for
most any soup. Once sautéed, all soups
need a liquid, which can be tomatoes
simmered down, homemade broth from a
chicken or other meat bone (then use the
chicken/meat in the soup), even cannelloni
beans pureed will give you a "creamy"
soup.

Add something with a bite - any chopped
vegetable such as zucchini, carrots, celery,
broccoli, potatoes or any variety of beans.

What do you like for flavors? Add some



Interested in taking yoga but not sure
where to start? Now's your chance! This
November, new clients can take any
two of our yoga classes for free.

Yoga practices that Imagine offers:

Ashtanga:

Ashtanga Yoga is dedicated to spinal
alignment. This class guides
practitioners to link breath to movement
throughout a progressive series of
invigorating postures.

Hatha:

A calming, slower paced class to
gradually increase strength and
flexibility while reducing stress and
tension.

Vinyasa:

An energizing practice that links breath
to movement through a series of poses
to form a continuous flow that helps
improve strength, flexibility, and
balance.

fresh or dried herbs such as oregano, rosemary, basil, or parsley. Spice it up with cumin, coriander, cayenne pepper, chili seasoning, cinnamon or allspice in a little butternut squash soup or any number of spices that appeal to you.

It's quite simple, don't be afraid to experiment. Add a grain (quinoa) salad on the side for an extra boost of protein, or add farro to the soup itself for a grain with protein!

Most of all
Buy Local - Read Labels
Experiment!

Yin Restorative:

Both **Yin** and **Restorative** forms of yoga asana are slow-paced. They enable you to move slowly and focus on maybe 10 different poses for longer periods of time.

Yoga Fundamentals:

This class is a great way to learn the basic poses and postures of yoga. This class is great for beginning and intermediate level practitioners looking to establish good form, balance, and flow in their practice.

Register for your
"2 FREE" class pass today!
Simply enter **2FREE** in the
comments!

[Register Here!](#)

IMAGINE FITNESS & YOGA

NEW CLIENTS
GET 1 MONTH
FOR ONLY \$50

Membership includes access to gym facility and unlimited access to all classes.
Offer valid until 11/30



NOVEMBER HOLIDAY SCHEDULE



Imagine is all about family and friends, and fitness of course.

We will close at **NOON** on Wednesday, November 27th and reopen Friday morning, November 29th at a 6 am to work off those calories!

Have a wonderful Thanksgiving!

