



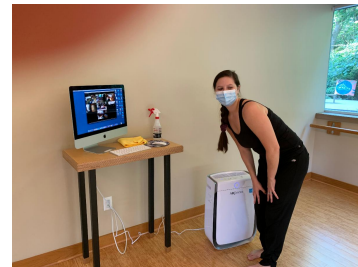
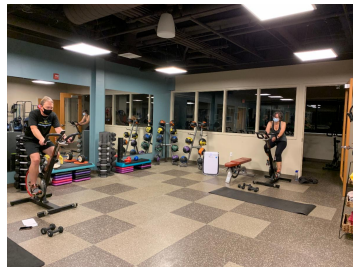
# New classes, Schedule Updates and Next Book Club



Imagine has enjoyed a great re-opening, creating the opportunity for many clients to enjoy the studio indoors once again, or stay online as teachers continue to offer the classes on Zoom. Socially distanced work zones are established when you arrive, and all are adapting to wearing a mask. We are fortunate to have such a great community of clients and teachers, staying engaged, happy and active during during these crazy times.

October will bring a few schedule updates, with some new classes as well.

- **Pilates** with Sara will move from Wednesday evening at 5:30 to Sunday morning at 10:00 a.m.
- **Intro to Barre** will be offered by Allison on Friday mornings at 10:30 a.m.
- **Cycle & Sculpt** will be a combo cardio and weight class with Jackie on Wednesdays at 5:30.

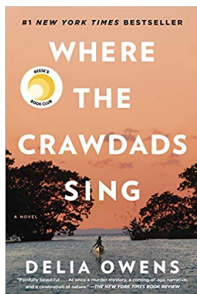


Imagine Fitness & Yoga Schedule in Studio or Zoom

	SUN	MON	TUE	WED	THUR	FRI	SAT
6:00 am - 7:00 am			Yoga Flow Fitness (30)				
7:00 am - 8:00 am							
8:00 am - 9:00 am							
8:30 am - 9:30 am							
9:00 am - 10:00 am							
9:30 am - 10:30 am							
10:00 - 12:00 pm							
10:30 am - 11:30 am							
11:00 am - 12:00 pm							
5:00 pm - 6:00 pm							
5:30 pm - 6:30 pm							
7:00 pm - 7:30 pm							

Visit us online for the latest updates and to sign up at [imaginefitnessyoga.com](http://imaginefitnessyoga.com)

Download a copy of the schedule here



## October Book Club Meeting

The Imagine Book Club is back on track with a monthly book and meeting. The next selection is **Where the Crawdads Sing** by Delia Owens. "The story is set in the 1950s and revolves around a young woman named Kya Clark, who is from extremely rural North Carolina. Known by others as the Marsh Girl, she lives alone

in nature—but the draw of other people, and specifically love, brings her into contact with the greater world."

The group will meet next on Wednesday, October 14 at 4:15 outside on the deck, weather permitting and adhering to social distancing guidelines. The group is a small gathering of open discussion and book selection. The Imagine Fitness and Yoga book club welcomes everyone, non-members included. Contact Gretchen at [gretchenfarah61@gmail.com](mailto:gretchenfarah61@gmail.com) for more information.

---

**\*\*Register at least 30 minutes prior to the class start time to receive an email link with login information for Zoom classes. IN HOUSE participants must register 1 hour prior to class. In studio classes are limited to 6 participants. \*\***

**Visit our website for the latest updates to our class schedule**

---

Contact Jackie any time: [jackie@imaginefitnessandyoga.com](mailto:jackie@imaginefitnessandyoga.com) or text 734-260-3855 with any questions or concerns.

---