



NEWSLETTER

FEB 2026



WHAT'S NEW AT EMPOWERED FITNESS@HOME

Booking your sessions just got easier, online booking is now live! You can book your sessions anytime using the Book Now link below.

I've also added on-site card payment for your convenience. Cash and e-transfers are still happily accepted as well.

And for the gym upgrades

The back extension machine has officially arrived and is ready to use

A new seated leg extension & hamstring curl machine will be joining the studio in the coming weeks

Excited to keep improving the space and your training experience!

[BOOK NOW](#)

Power Up Your Morning with PROATS!



35g Protein

38g Carbs

8g Fat

4 Fibre

High-Protein Proats Recipe

Ingredients:

- 30 g Quaker oats
- 35 g protein powder
- 60 g yogurt
- 60 g berries

Instructions:

Add the oats to a bowl and pour in enough water to reach your desired consistency. Microwave for 1 minute 15 seconds.

Stir in the protein powder. If the mixture is too thick or powdery, add a splash of water and mix again.

Top with yogurt and berries.



MARCH ONLINE BOOTCAMP ANNOUNCEMENT

Save the Date: Online Fitness Bootcamp — March

Our Online Fitness Bootcamp is launching this March with live classes designed to help you build strength and stay consistent from home.

Wednesdays at 7:00 PM
Saturdays at 9:00 AM

Each 40-minute class includes a warm-up, full-body workout, and cool-down, using bodyweight and light dumbbells.

\$10 per class
5- and 10-class packages available

If this sounds like something you'd enjoy, click the link below to sign up.

BOOK NOW

YOUR FEEDBACK MEANS SO MUCH

If you've enjoyed training with me at EMPOWERED Fitness@Home, I'd really appreciate a Google review. It helps my small business grow and helps others feel confident getting started.

Leave a review here:

LEAVE A REVIEW

Thank you so much for your support.
— Erin



**CLIENT SPOTLIGHT
SAMANTHA**

Samantha is a mom of three young boys who came to me feeling like she had kind of lost herself and was just "mom" all the time. In just 5 weeks, she's already noticing big changes, fitting back into her old clothes, feeling stronger, and starting to feel like herself again.

She works incredibly hard, always pushes herself during workouts, and has made some really positive changes to her eating too, and it shows. The progress she's made is noticeable not only to her, but to the people around her.

So proud of you, Samantha, keep it up!