

[Test] Truly big news!

2 messages

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Huge, Exciting News Rebels!

You know how I've always dreamed of creating an entire weight-inclusive fitness community where EVERYONE feels amazing moving their bodies? Well, it's happening! I've joined forces with JIM (Joyful Inclusive Movement) and I'm over the moon about it!

Here's the scoop: Instead of just me (though you know I'll still bring those badass movement practices!), you'll now have access to TEN incredible HAES-aligned, body liberation-oriented trainers/instructors – with more joining all the time! Think of it as your dream team of inclusive fitness, all in one place!

Quick heads up: I'll be moving all my on-demand classes to JIM by December 31st. But here's the REALLY exciting part – if you join JIM now, you'll lock in an amazing rate of just \$11.99/month! (Once their shiny new app launches in January, it's going up to \$25/month.)



Why am I so pumped about this? Because JIM is everything Bad Dog Rebel stands for, multiplied by 10! More variety, more fun, more ways to move joyfully, and more amazing trainers who get it. Plus, there are some super cool personal training features coming with the app as well!

Learn More About JIM & Join!

Whether you're a studio member or a personal training client, I would strongly encourage you to Hop on over to JIM now and lock in that sweet \$11.99 rate! Trust me, you don't want to miss this!

Questions? Hit me up! I can't wait to see you over there!

In the Meantime, keep getting your WOW

If you're a studio member, these "Workouts of the Week" can be your guide to daily movement. If you're a personal training client, feel free to supplement your sessions with the WOW... but make sure you're not overdoing it! Ultimately, the WOW is for whenever you REALLY want to just get a workout in but don't want to think too much about what it "should" look like. And here's this week's WOW schedule...

Dec 16-21, 2024

The Bad Dog Rebel WOW!

(Workouts of the Week)

MON 108 Warm-up & Flow	TUE Lower Body Strength	WED 108 Warm-up & Flow
THUR Upper Body Strength	FRI 108 Warm-up & Flow	SAT Total Body Power #1 (or join 108 Live)
SUN Gentle MobiYo	YOU ARE ENOUGH	

[click here to go directly to this week's WOW](#)

And Join Us for The 108! this Saturday, Dec 21 at 10am EST

The 108... or, the completion of 108 Sun Salutations on the occasions of the equinoxes and solstices... is a Bad Dog Rebel tradition. And Winter (Solstice) is coming. How is the 108 related to Body Liberation and weight-inclusivity? Click “read more” below and read the whole blog post to find out...

“Let's talk about one of the most epic ways to celebrate our bodies and throw shade at diet culture – the practice of 108 sun salutations during equinoxes and solstices. This weight-inclusive tradition isn't just about moving through poses; it's about claiming your space in the cosmic dance of the universe! ...

[Read More](#)

[Register for The 108 for Free!](#)



I'm Here!

Trying to navigate a counter-cultural path to weight-inclusive, body liberation-oriented fitness can be downright difficult sometimes. Hell, just getting up out of bed and putting on our sneakers is a challenge for most of us some days! Please don't forget that, as a Bad Dog Rebel, you are never alone on this journey. Email me, text me, call me, or schedule a discovery call check-in by clicking the link below and let me know how I can help support you — or better support you — in this work. You are worthy of excellent, compassionate, respectful care. Don't forget that!

Thanks for showing up! ❤️
-JodiAnn

Book a Discovery Call



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