

# SPRING FORWARD WITH J'ADORE IG CHALLENGE

Begins MARCH 13TH

## HOW TO PARTICIPATE/WIN:

1. FOLLOW OUR SPONSORS ON INSTAGRAM: [@jadore.dance](#)  
[@glassmonkeyyeg](#) [@honorbabyandchild](#) [@kleeboutique](#) [@krewcafe](#)  
[@pinkicesalon\\_yeg](#) [@thebreathbetween](#)
2. REPOST THIS **#JADORESPRINGFORWARD** tile below to your feed (not your stories). Help us to spread the word so we can have many fabulous folks join us!

## #JADORESPRINGFORWARD



10 DAY CHALLENGE

WELLNESS • RENEWAL • CONNECTION • COMMUNITY

j'adore & dance

### 3. **POST THE DAILY PROMPT AND YOUR CREATIVE PHOTO EACH DAY**

Follow the given prompts and find a creative way to display a photo each day of what you do. There is freedom within each post to express yourself and dive into your own experience!

4. **TAG US AND USE THE HASHTAG #JADORESPRINGFORWARD** in each post. We encourage you to share your post in your stories, tagging **@jadore.dance** and using the hashtag. This will increase your visibility and your chances of receiving a prize.

### **YOUR CHANCE TO WIN ONE OF THESE INCREDIBLE PRIZES:**

1. **GLASS MONKEY \$100 GIFT CERTIFICATE**
2. **HONOR BABY & CHILD \$50 GIFT CARD**
3. **J'ADORE DANCE FIVE CLASS DROP-IN PASS (\$100 value)**
4. **KLEE BOUTIQUE PAMPERING PRODUCTS (\$65 value)**
5. **KREW CAFÉ \$25 GIFT CARD**
6. **PINK ICE SALON HAIR PRODUCT & ACCESSORIES (\$100 value)**
7. **THE BREATH BETWEEN SET OF TWO LIVE GLOW CLASS PASSES (\$80 value)**

PRIZES WILL BE DRAWN MARCH 22<sup>nd</sup>. GOOD LUCK!

### **DAILY PROMPT LIST**

See below for our list of wellness-inspired prompts. Wondering what photos to post with your prompts? We've left this open to allow for both creativity and varying levels of comfort. You may be spontaneous, complete multiple days in one for convenience, or choose your own theme (ex. 10 photos outside)!

Posting on social media maximizes our community reach and helps us spread the word about our programming. We appreciate the support that honours your own needs! Thank you for being with us and promoting renewal, wellness, connection, and community. Let's do this!

## **Day ONE: HI**

Simply introduce yourself to the community, tell us why you've decided to join us, and invite others to come along this 10-day journey! Show us your face, we want to see YOU!

***ABOUT US:** Owners, Chantel Sampson and Jenna Brennan love being active, laughing together, and creating a space that is inclusive and joyful for all. To learn more about Chantel and Jenna and their philosophy, click [here](#).*

## **Day TWO: STRENGTH**

When you think of strength, what comes to mind? Show us a pose or capture a moment that represents strength to you.

***ABOUT US:** Lunchfit classes create the perfect combination of strength and cardiovascular conditioning. Using a variety of body weight and portable equipment, toning has never been more fun (we also have an awesome lunchfit crew)! Find out more [here](#).*

## **Day THREE: FOOD**

How do you fuel your body? What is your "go-to" power snack? Or maybe you have a favourite nutritious meal that brings you joy and satisfaction. Favourite recipes are always welcomed!

***ABOUT US:** Protein is at the top of our list for helping us to feel satisfied and fuel us with energy. Ask Jenna about her favourite Protein Peanut Butter Banana Smoothie!*

## **Day FOUR: GRATITUDE**

What are you grateful for? We have so much to be thankful for. It will be challenging to only choose one!

***ABOUT US:** We are grateful for YOU! You have been our cheerleaders throughout this pandemic and we couldn't have gotten through it without you. From the bottom of our hearts, THANK YOU for your incredible support.*

## **Day FIVE: CORE**

Having a strong and stable core protects us from injuries and allows us to perform at our personal best. A strong core will help to improve your overall balance, posture, flexibility and strength. Show us how you like to strengthen your core!

**ABOUT US:** JOIN US at 9:15am this Thursday, March 17<sup>th</sup> for a FREE Core Stability class: <https://www.jadoredance.ca/programs/1587> Both in-person and online participants are welcome!

### **Day SIX: SWEAT**

There are so many fun ways we can enjoy movement, get our heart rates up, and get our sweat on. Let's get moving and snap of a photo of your sweaty self!

**ABOUT US:** Dance Fitness = SWEAT! DanceBlast and DanceFit will get your hearts pumping while movin' and groovin' to the very best music. No dance experience necessary. Click [here](#) to find out more about our dance fitness classes.

### **Day SEVEN: SELF-CARE**

How do you practice self-care? Meditation is key to providing us a sense of calm, peace and balance. Perhaps you enjoy taking a pause in a quiet space and reading a good book. SELF-CARE doesn't have to be glamorous ---- but it is so important to our overall health. Snap your self-care selfie!

**ABOUT US:** You guessed it----dance is a huge part of our self-care. Dance is so expressive that it allows us to release and "let loose". We are proud to offer a variety of adult dance classes at a variety of levels. Click [here](#) to find out how dance can become a part of your self-care routine!

### **DAY EIGHT: WATER**

HYDRATION, HYDRATION, HYDRATION! The many benefits of water include helping to beat fatigue and headaches, aiding in digestion and brain function, and helping our overall mood. How much water have you consumed today? And what is your trick to getting enough water in you?

**ABOUT US:** Chantel bought us MASSIVE 2L water bottles. We'll be sure to post these -- Highly recommend!

### **DAY NINE: THE GREAT OUTDOORS**

Getting outside is a great way to find peace and calm. Snap yourself getting outside today!

**ABOUT US:** Both Chantel and Jenna often hear the mountains calling their names. The mountains is where they both find calm, peace and balance.

### **DAY TEN: FAMILY**

Family gives us motivation to be the best version of ourselves. Family does not need to be just individuals living together under one roof. A family is a group of

people who are connected and share moments together---both the good and the bad! Snap your family selfie and tell us why you love and appreciate your family!

**OUR FAMILY:** *Our J'Adore Faculty consists of 27 incredibly caring and knowledgeable teachers and desk staff who believe in the power of movement and building community. Our faculty continue to inspire us each and every day. Our clients are also part of the J'adore family! Each week, we continue to connect through movement, laughter, and fun. Thank you for being a part of this very special community!*