



## Rhonda Bleau

Rhonda teaches Callanetics at Flowing Yogi Studio in Cochrane.

My Callanetics journey began when I had recently moved to Calgary and had made a new friend. One day over coffee we started to discuss weight loss and she told me about this fitness program she had done 15 years prior from a book. She actually still

had the book that she bought at a second-hand book store. The book was Callanetics. I said that I had never heard of Callanetics, she told me that she had done the program and felt that it had made a huge difference. We decided that we would commit to a couple times a week to get together follow the program from the book. I went home and that evening I was looking through the Calgary community newsletter and there was an advertisement for Callanetics being taught in the area where I lived. I immediately registered with my friend.

After the first class I was hooked. I felt great after the class; I worked at my own pace. The results I saw were not immediate but I felt the difference. When I started Callanetics I was wearing a size 16 and within one year of committing to three times a week, watching what I ate, and increasing my water intake I was at an amazing size 10. The most amazing part was that I didn't feel like I was on a diet and I loved the class. It is sometimes hard to say you love an exercise program.

At the time, I had been looking for a change in my life. My children were growing, not needing me as much. That was when I approached Joanne Freeman, the teacher, and asked about taking the training to be a teacher. She was thrilled. Sadly, in February 2006 lost her fight with cancer. At the time Joanne was the only Callanetics teacher in Calgary.

I know this program works, Joanne knew it worked and for her I will carry on. Whether you call it fate or destiny, I believe I was meant to meet Joanne and to carry on Callanetics here in Calgary. I have now been teaching Callanetics for 5 years. I still love the way I feel after each and every class.

**To register for Rhonda's class please contact her directly:**

[Rhonda@canadiancallanetics.com](mailto:Rhonda@canadiancallanetics.com), 403-681-3439, [www.canadiancallanetics.com](http://www.canadiancallanetics.com)

A promotional graphic for Callanetics. It features a white background with a pink banner at the top containing the text "DISCOVER CALLANETICS" in white, bold, sans-serif font. Below this, a grey box contains the text "It takes the grace and fluidity of Ballet and the mind/body synergy of Yoga and has combined them into a revolutionary exercise program." in pink and black. At the bottom, a pink banner contains the website "www.canadiancallanetics.com // 403.681.3439" in white. On the right side, there is a black and white photograph of a woman's face in profile, looking upwards, and a circular logo with a white '@' symbol on a pink background.