



January Newsletter

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BOOTCAMPS

Regular Bootcamp

\$60

(\$75 to include all regular classes)

January 2 - 20

If you want to join in this month, please come by or contact me! The time slots are listed below.

Please email, call, text or Facebook to sign up.

5:30am- Monday, Wednesday, Thursday

8:15am- Monday, Wednesday, Friday

7:15pm- Monday, Wednesday, Thursday

Beginner Bootcamp

\$40

(includes 5:30p classes)

January 2 - 20

If you want to join in this month, please come by or contact me! The time slots are listed below.

This a thriving class and a GREAT place to start! Come join the fun

3:45pm Monday, Wednesday, Thursday

6:30pm Monday, Wednesday

Please email, call, text or Facebook to sign up.

Phase ONE

\$40 includes Phase ONE + 5:30 p.m. classes

If you want to join in this month, please come by or contact me! The time slots are listed below.

This class is your starting point! It will be ONLY for those beginning their fitness and weight loss journeys.

6:30pm Wednesdays

Group Training

\$60

By Appointment Only

This is an option for groups wanting personal training. You tell us what kind of work out you want to do and we will create it for you. The more people you get, the cheaper it is per person. (Example: 6 people = \$10 per person, 5 people=\$12)

SHRED

\$60

December 27 - January 24

Week 1: December 27 Weigh in, measurement, form, grocery store trip

Week 2-4: January 2-19 Beginner boot camp (time options 3:45 or 6:30 pm)

Week 5: January 24: Final weigh in/measurement

***Includes all 5:30 p.m. classes**

CRAZE

CRAZE has begun and is already a huge hit! You MUST register ahead of time to have a slot in class. You can book classes through the Studio website or the app. If this is unfamiliar to you, there are pamphlets that show you how to use each of them step by step.

CRAZE is done on treadmills, spin bikes, rowing machines, and the floor. You wear a heart rate monitor the entire class and your heart rate and zone are displayed on a monitor in the front of the class. You will be instructed to stay in certain zones based on your max heart rate. After class is over, you're immediately shown calories burned, the amount of time you stayed in certain zones, and you are emailed the report. You will be invited to join the Studio S team and create a free account to view detailed reports of your workout.

There are numerous times offered during the week. You can buy different packages or pay by the class depending on how much you want to come. Attached is a package list that includes the prices. Please see the schedule below for all the different times CRAZE is offered.

SPIN-UP

**Spin-up is a Studio S twist on Spin. This will be offered Tuesday and Thursday's at 6:30p. You must register as this class has very limited spots. You will be on a bike the entire class except for abs. The prices are as follows:
1 Class- \$8, 5 Classes- \$35, 10 Classes-\$60, 20 Classes-\$100**

Reminders:



Check in for **Sweat Angels**. January is keep America warm. Studio S is now on Amazon Prime and you can work out for free! Search for Studio S Live Bootcamp.

#KeepAmericaWarm



Please register on Ezfacility at the following address:

<http://secure.ezfacility.com/TMSSELSERVICE/NOAuth/Login.aspx?FID=11831>

You have the option of buying your package online. If you wish to pay at the gym, simply hit the “pay later” option.



Download the app **Memberme+** from the app store.

Please **book** the class you wish to attend from the app and **check in** at the computer located on the desk! (**This check in is different from Facebook**)

Please do not hesitate to ask for help, we will be happy to assist you with this new transition!!



All regular classes at Studio 2 are Coed... so guys, come check out our classes such as Hercules, Strength Training, and Tabata ...you will get a kick butt workout!

Wanna know what you're getting into?

Pound

Using weighted RIPSTIX, we do lots of leg work by squatting to keep up with the beat. This is a great way to trick yourself into working out. Don't let it fool you, it's a killer workout!

Hercules

This is one of the more intense, we break it down into sections. We target and exhaust arms, abs, then combine our favorite legs/cardio to put the cherry on top.

Piloxing

Piloxing is a combo of pilates and boxing (mostly boxing). This fun workout provides a unique atmosphere with its music and is a killer cardio workout. Plus, you get a chance to beat up on the instructor!

Tabata

Tabata is high intensity interval training. We focus on getting your heart rate up and then taking it down. This workout goes by super-fast because of the fun challenges that it brings at the end of each round!

Piyo

This is a combo of Pilates and yoga. This is a great workout if you're not looking to jump or use any weights. Using only your body weight, this one works on strength and giving you a good sweat.

Turbokick

Like piloxing, this one brings in a fun and unique atmosphere. This is a killer cardio workout with lots of boxing, kicking, and martial arts.

Triple Fit

Triple fit focuses on going as hard as you can for 5 minutes at a time. Each 5 minutes will focus on cardio, arms, legs or abs.

Stretch X

This is a Studio S twist on yoga. Come give your body a much-needed break and stretch your muscles out!

Buns and Guns

A class targeted JUST for your booty and your arms! Come check it out!

Low Impact

This class is targeted for people who may have sore knees or something that limits their ability to jump. There is no jumping at all and exercises that are easier on the body.

Strength Training

Just as the title suggests, this class is for those wanting to get STRONGER (not bulk up). This class focuses on high repetition of a minimum amount of exercises.

TACS

Tight Abs Coming Soon! Want to target just your abs and butt every now and then? This class is just for you!

Step X

Using a step and risers, we incorporate our daily exercises adding a little more fun to it. Who wouldn't want to do a burpee on a step, right?

**All classes are designed for anyone on all fitness levels. The worst mistake you can make is trying to keep up with someone. If you take these classes at your pace and become consistent, you will improve tremendously QUICKLY!*

Exercising is addicting and you will soon see better moods, better sleep, and a better overall feeling.

Start today.

January Class Schedule

Mon.	Tue.	Wed.	Thurs.	Fri	Sat.
26 5:30a Triple Fit (2) 5:30p Hercules (1) Strength Training	27 5:30a TACS (2) 5:30p Low Impact*(1) Cardio Blast (2)	28 5:30a Tabata 5:30p Buns&Guns*(1) Hercules (2) 6:30p Phase One*	29 5:30a Strength Training 5:30p TACS* (1) Piloxing (2)	3	31 Happy Holidays
2 5:30p Piyo* (1) Class Mashup (2)	3 5:30p Pound* (1) Triple Fit (2)	4 5:30p Turbokick* (1) Strength Training (2) 6:30p Phase	5 5:30p Low Impact*(1) Cardio Blast (2)	6	7 10:00a \$5 Goal Crusher (meet the
9 5:30p Tabata (1) Buns and Guns* (2)	10 5:30p Low Impact*(1) Piloxing (2)	11 5:30p TACS (1) Hercules (2) 6:30p Phase One*(2)	12 5:30p Stretch X* (1) Strength Training(2)	13	14 10:00a \$5 Bikini Ready
16 5:30p Piyo* (1) Cardio Blast (2)	17 5:30p Pound* (1) TACS (2)	18 5:30p Turbokick (1) Class Mashup (2) 6:30p Phase	19 5:30p Low Impact*(1) Hercules (2)	2	21 10:00a \$5 Food Slayer
23 5:30a Strength Training (1) 5:30p LowImpact*(1)	24 5:30a Tabata 5:30p Hercules (1) Buns and Guns* (2)	25 5:30a Buns & Guns 5:30p Tabata (1) Strength	26 5:30a TACS 5:30p Stretch X*(1) Piloxing (2)	27	28 10:00a \$5 January Finisher

January Bootcamp/Games Schedule

Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.
25 Happy Holidays! Rest Week	26 5:30a Triple Fit (2) 6:30p CRAZE (\$10) (1)	27 5:30a TACS (2) 8:15a CRAZE (\$10) (!) 6:30p CRAZE (\$10) (1) 6:30p SHRED MEETING(2) (followed by Grocery Trip)	28 5:30a Tabata (2)	29 5:30a Strength Training 8:15a CRAZE (\$10) (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2)	30
1 Bootcamp Week 1 Happy Holidays!	2 5:30a Regular BC (1) 8:15a Regular BC (1) 3:45p Beginner BC (1) 6:30p CRAZE (\$10) (1)	3 5:30a CRAZE (\$10) (1) 8:15a CRAZE (\$10) (!) 3:45p CRAZE (\$10) (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2)	4 5:30a Regular BC (1) 8:15a Regular BC (1) 3:45p Beginner BC (2) 6:30p Beginner BC (1)	5 5:30a Regular BC (2) 8:15a CRAZE (\$10) (1) 3:45p Beginner BC (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2) 7:15p Regular BC (2)	6 8:15a Regular BC (2)
8 Bootcamp Week 2 1:00 CRAZE (\$10)	9 5:30a Regular BC (1) 8:15a Regular BC (1) 3:45p Beginner BC (1) 6:30p Craze (\$10) (1)	10 5:30a CRAZE (\$10) (1) 8:15a CRAZE (\$10) (!) 3:45p CRAZE (\$10) (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2)	11 5:30a Regular BC (1) 8:15a Regular BC (1) 3:45p Beginner BC (2) 6:30p Beginner BC (1)	12 5:30a Regular BC (2) 8:15a CRAZE (\$10) (1) 3:45p Beginner BC (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2) 7:15p Regular BC (2)	13 8:15a Regular BC (2)
15 Bootcamp Week 3 1:00 CRAZE (\$10)	16 5:30a Regular BC (1) 8:15a Regular BC (1) 3:45p Beginner BC (1) 6:30p CRAZE (\$10) (1)	17 5:30a CRAZE (\$10) (1) 8:15a CRAZE (\$10) (!) 3:45p CRAZE (\$10) (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2)	18 5:30a Regular BC (1) 8:15a Regular BC (1) 3:45p Beginner BC (2) 6:30p Beginner BC (1)	19 5:30a Regular BC (2) 3:45p Beginner BC (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2) 7:15p Regular BC (2)	20 8:15a Regular BC (2)
22 Rest Week 1:00 CRAZE (\$10)	23 5:30a Strength Training 6:30p CRAZE (\$10) (1)	24 5:30a Tabata (1) 8:15a CRAZE (\$10) (1) 6:30p CRAZE (\$10) (1) 6:30p SHRED MEETING(2)	25 5:30a Buns & Guns	26 5:30a TACS 8:15a CRAZE (\$10) (1) 6:30p CRAZE (\$10) (1) SPIN-UP (\$8) (2)	27

CRAZE PACKAGES

- **1 Session \$10**
- **5 Sessions \$40**
- **10 Sessions \$80**
- **20 Sessions \$150**

There is no time limit on using your sessions. Funds may be applied to future classes if you choose not to use them for CRAZE.