

a program that WORKS



WE OFFER: Live classes Greenville and Cleveland, MS
 Fitness app -Google Play or iTunes Store (studio s fitness)
 Amazon Prime Live Bootcamp Series
 Studio S Elite program-www.studioselite.com
 Find more information online @ saramorelandfitness.com

June 2018 Cleveland, MS

FB CHECK-IN: #bricks4schools

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
				1 5:15a Bootcamp	2
4 5:15a Bootcamp 5:30p Triple Fit 6:15p Beginner Bootcamp	5 5:15a Kicked 5:30p GRIT 6:15p Beginner Bootcamp	6 5:15a Bootcamp 5:30p Flex 6:15p Beginner Bootcamp	7 5:15a Buns & Guns 5:30p Figure 4 6:15p Beginner Bootcamp	8 5:15a Bootcamp	9 <i>Studio S LIVE Greenville 10:00a RELAY FOR LIFE</i>
11 5:15a Bootcamp 5:30p Buns & Guns 6:15p Beginner Bootcamp	12 5:15a Figure 4 5:30p Leg Crusher 6:15p Beginner Bootcamp	13 5:15a Bootcamp 5:30p TACS 6:15p Beginner Bootcamp	14 5:15a Strength Training 5:30p Arm Assault 6:15p Beginner Bootcamp	15 5:15a Bootcamp	16
18 5:15a Bootcamp 5:30p Studio ² 6:15p Beginner Bootcamp	19 5:15a GRIT 5:30p Strength Training 6:15p Beginner Bootcamp	20 5:15a Bootcamp 5:30p Figure 4 6:15p Beginner Bootcamp	21 5:15a Pound 5:30p GRIT 6:15p Beginner Bootcamp	22 5:15a Bootcamp	23 9:00a \$5
25 5:15a Bootcamp 5:30p Hercules 6:15p Beginner Bootcamp	26 5:15a Leg Crusher 5:30p Flex 6:15p Beginner Bootcamp	27 5:15a Bootcamp 5:30p Buns & Guns 6:15p Beginner Bootcamp	28 5:15a Flex 5:30p Kicked 6:15p Beginner Bootcamp	29 5:15a Bootcamp	30

Download the MINDBODY app and start booking classes today!

1 Class \$5 – Studio S unlimited Mon-Fri classes \$40

–Studio S Mon –Fri classes + ANYTIME Fitness membership \$50 (draft/6 or 12 month advanced payment only)

ALL Saturday classes \$5