

a program that WORKS



WE OFFER: At Home Workouts emailed directly to you
 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

July 2018 Cleveland, MS

FB CHECK-IN: #givewater

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
2 5:15a Bootcamp 5:30p Strength Training 6:15p Beginner Bootcamp	3 5:15a Pound Hybrid 5:30p Studio ² 6:15p Beginner Bootcamp	4 CLOSED HAPPY 4TH	5 5:15a Figure 4 5:30p GRIT 6:15p Beginner Bootcamp	6 5:15a Bootcamp	7
9 5:15a Bootcamp 5:30p Triple Fit 6:15p Beginner Bootcamp	10 5:15a Kicked 5:30p CLEVELAND STUDIOVERSARY 6:15p NO CLASS	11 5:15a Bootcamp 5:30p Figure 4 6:15p Beginner Bootcamp	12 5:15a Buns & Guns 5:30p Flex 6:15p Beginner Bootcamp	13 5:15a Bootcamp	14
16 5:15a Bootcamp 5:30p Arm Assault 6:15p Beginner Bootcamp	17 5:15a Flex 5:30p GRIT 6:15p Beginner Bootcamp	18 5:15a Bootcamp 5:30p TACS 6:15p Beginner Bootcamp	19 amber 5:15a Strength Training 5:30p Buns & Guns 6:15p Beginner Bootcamp	20 5:15a Bootcamp	21
23 5:15a Bootcamp 5:30p Hercules 6:15p Beginner Bootcamp	24 5:15a Studio ² 5:30p Kicked 6:15p Beginner Bootcamp	25 5:15a Bootcamp 5:30p Flex 6:15p Beginner Bootcamp	26 5:15a Pound 5:30p Strength Training 6:15p Beginner Bootcamp	27 5:15a Bootcamp	28
30 5:15a Bootcamp 5:30p Studio ² 6:15p Beginner Bootcamp	31 5:15a GRIT 5:30p Buns & Guns 6:15p Beginner Bootcamp				

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