

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

August 2018 Cleveland, MS

FB CHECK-IN: #giveshoes

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		1 5:15a Bootcamp 4:30p TACS 5:30p Triple Fit	2 5:15a Buns & Guns 5:30p Flex 6:15p Beginner Bootcamp	3 5:15a Bootcamp	4
6 5:15a Bootcamp 4:30p Kicked 5:30p Hercules	7 5:15a Figure 4 5:30p Leg Crusher 6:15p Beginner Bootcamp	8 5:15a Bootcamp 4:30p Strength 2.0 5:30p Piloxing	9 5:15a Flex 5:30p Studio ² 6:15p Beginner Bootcamp	10 5:15a Bootcamp	11
13 5:15a Bootcamp 4:30p Buns & Guns 5:30p Figure 4	14 5:15a GRIT 5:30p Flex 6:15p Beginner Bootcamp	15 5:15a Bootcamp 4:30p GRIT 5:30p Arm Assault	16 5:15a Strength 2.0 5:30p Stations 6:15p Beginner Bootcamp	17 5:15a Bootcamp	18
20 5:15a Bootcamp 4:30p Studio ² 5:30p TACS	21 5:15a Studio ² 5:30p Mashup 6:15p Beginner Bootcamp	22 5:15a Bootcamp 4:30p Hercules 5:30p Buns & Guns	23 5:15a Pound 5:30p Strength Training 6:15p Beginner Bootcamp	24 5:15a Bootcamp	25
27 5:15a Bootcamp 4:30p Arm Assault 5:30p Triple Fit	28 5:15a Hercules 5:30p Strength 2.0 6:15p Beginner Bootcamp	29 5:15a Bootcamp 4:30p Flex 5:30p Figure 4	30 5:15a Strength Training 5:30p GRIT 6:15p Beginner Bootcamp	31 5:15a 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