

a program that WORKS



WE OFFER: At Home Workouts emailed directly to you & FB online challenges
 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

September 2018

Cleveland, MS

FB CHECK-IN: #togethlercuringcancer

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
					1
3 Labor Day No classes	4 5:15a Pound Hybrid 5:30p Up and Down Bootcamp Mountain 6:15p Bootcamp	5 5:15a Bootcamp 4:30p Goal Crusher 5:30p Piloxing	6 5:15a Figure 4 5:30p The Mal 6:15p Bootcamp	7 5:15a Bootcamp	8
10 5:15a Bootcamp 4:30p Studio ² 5:30p The Fighter	11 5:15a Kicked 5:30p Dirty 30 6:15p Bootcamp	12 5:15a Bootcamp 4:30p Birthday Special 5:30p Buns & Guns	13 5:15a GRIT 5:30p Stations 6:15p Bootcamp	14 5:15a Bootcamp	15
17 5:15a Bootcamp 4:30p Arm Assault 5:30p Lose the Turkey	18 5:15a Strength 2.0 5:30p Minute on the Minute 6:15p Bootcamp	19 5:15a Bootcamp 4:30p TACS 5:30p Figure 4	20 5:15a Studio ² 5:30p Strength 6:15p Bootcamp	21 5:15a Bootcamp	22
24 5:15a Bootcamp 4:30p Buns & Guns 5:30p Birthday Special	25 5:15a Pound 5:30p Strength 2.0 6:15p Bootcamp	26 5:15a Bootcamp 4:30p The Nell 5:30p Studio ²	27 5:15a Buns & Guns 5:30p The Flamingo 6:15p Bootcamp	28 5:15a Bootcamp	29

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