

a program that WORKS



WE ALSO OFFER:

Studio S LIVE STREAM workouts streamed online
 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

October 2018 Cleveland, MS

FB CHECK-IN: #breastcancerawareness

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 The Funfetti 5:30p The Nell	2 5:15a Buns & Guns 5:30p The Mal 6:15p Triple Fit	3 5:15a Bootcamp 4:30p Up and Down Bootcamp Mountain 5:30p Figure 4	4 5:15a Figure 4 5:30p Minute on the Minute 6:15p GRIT	5 5:15a Bootcamp	6
8 5:15a Bootcamp 4:30p TACS 5:30p Studio ²	9 5:15a Pound Hybrid 5:30p Strength 2.0 6:15p Hercules	10 5:15a Bootcamp 4:30p KP Workout 5:30p Mashup	11 5:15a Leg Crusher 5:30p Stations 6:15p Arm Assault	12 5:15a Bootcamp	13
15 5:15a Bootcamp 4:30p Minute on the Minute Full 5:30p Buns & Guns	16 5:15a Strength 2.0 5:30p The Plate 6:15p Flex	17 5:15a Bootcamp 4:30p The Ellie 5:30p The Flamingo	18 5:15a Studio ² 5:30p Lose the Turkey 6:15p 10-100	19 5:15a Bootcamp	20
22 5:15a Bootcamp 4:30p 3.5 5:30p Kicked	23 5:15a Flex 5:30p GRIT 6:15p TACS	24 5:15a Bootcamp 4:30p The Relay 5:30p Dirty 30	25 5:15a GRIT 5:30p The Nell 6:15p 500	26 5:15a Bootcamp	27
th29 5:15a Bootcamp 4:30p The Glutton 5:30p Birthday Special	30 5:15a Pound 5:30p Leg Crusher 6:15p Mashup	31 5:15a Bootcamp Happy Halloween No Afternoon Classes			

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