

a program that WORKS



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 Fitness app -Google Play or iTunes Store (studio s fitness)
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 Find more information online @ saramorelandfitness.com

January 2019 Cleveland, MS

FB CHECK-IN: #changealife

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
	1 	2 5:15a Bootcamp 4:30p 10-100 5:30p Buns & Guns	3 5:15a Figure 4 4:30p 3.5 5:30p Up/Down BC MTN	4 5:15a Bootcamp	5
7 5:15a Bootcamp 4:30p Leg Crusher 5:30p Flex	8 5:15a Studio ² 4:30p The Nell 5:30p Strength	9 5:15a Bootcamp 4:30p Figure 4 5:30p Arm Assault	10 5:15a Pound 4:30p The Ellie 5:30p Stations	11 5:15a Bootcamp	12
14 5:15a Bootcamp 4:30p The Relay 5:30p Minute on the Minute	15 5:15a GRIT 4:30p TACS 5:30p Lose the Turkey	16 5:15a Bootcamp 4:30p Dirty 30 5:30p Hercules	17 5:15a Strength 2.0 4:30p Mashup 5:30p 500	18 5:15a Bootcamp	19
21 5:15a Bootcamp 4:30p Buns & Guns 5:30p GRIT	22 5:15a Leg Crusher 4:30p Goal Crusher 5:30p The Fighter	23 5:15a Bootcamp 4:30p Cardio Blast 5:30p Piloxing	24 5:15a Flex 4:30p Strength 2.0 5:30p 10-100	25 5:15a Bootcamp	26
28 5:15a Bootcamp 4:30p KP Workout 5:30p Stations	29 5:15a Dirty 30 4:30p 500 5:30p Figure 4	30 5:15a Bootcamp 4:30p The Funfetti 5:30p The Flamingo	31 5:15a Pound Hybrid 4:30p Triple Fit 5:30p Studio ²		

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