

a program that WORKS



for everyone

WE ALSO 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

February 2019 Cleveland, MS

FB CHECK-IN: #savethemall

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
				1 5:15a Bootcamp	2
4 5:15a Bootcamp 4:30p Stations 5:30p Bootcamp	5 5:15a Studio ² 4:30p The Fighter 5:30p Strength	6 5:15a Bootcamp 4:30p The Ellie 5:30p Buns & Guns	7 5:15a Strength 2.0 4:30p Flex 5:30p Dirty 30	8 5:15a Bootcamp	9
11 5:15a Bootcamp 4:30p Leg Crusher 5:30p Studio ²	12 5:15a Flex 4:30p 10-100 5:30p The Nell	13 5:15a Bootcamp 4:30p Minute on the Minute 5:30p Arm Assault	14 5:15a Pound 4:30p Strength 2.0 5:30p Stations	15 5:15a Bootcamp	16
18 5:15a Bootcamp 4:30p Goal Crusher 5:30p The Fighter	19 5:15a Leg Crusher 4:30p Dirty 30 5:30p Figure 4	20 5:15a Bootcamp 4:30p Strength 5:30p Piloxing	21 5:15a Buns & Guns 4:30p The Flamingo 5:30p 3.5	22 5:15a Bootcamp	23 10:00a Saturday Class \$5
25 5:15a Bootcamp 4:30p The Plate 5:30p Pound	26 5:15a Strength 4:30p Lose the Turkey 5:30p Flex	27 5:15a Bootcamp 4:30p GRIT 5:30p Stations	28 5:15a Pound Hybrid 4:30p KP Workout 5:30p Bootcamp		

Download the MINDBODY app and start booking classes today!

1 Class \$5 – Studio S unlimited Mon-Fri classes \$40 (excluding Saturdays)

–Studio S Mon –Fri classes (excluding Saturday classes) + ANYTIME Fitness membership \$50 (draft/6 or 12 month advanced payment only)

ALL Saturday classes \$5