

a program that WORKS



for everyone

WE ALSO OFFER:

[Amazon Prime Live Bootcamp Series](#)
[Fitness app](#) -Google Play or iTunes Store (studio s fitness)
[Studio S Elite program](#)-www.studioselite.com
[At Home Workouts](#) emailed directly to you & FB online challenges

Find more information online @ saramorelandfitness.com

March 2019 Cleveland, MS
FB CHECK-IN: #vitamins4kids

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 Minute on the Minute Full 5:30p Buns & Guns	5 5:15a Minute on the Minute 4:30p Studio ² 5:30p Strength 2.0	6 5:15a Bootcamp 4:30p Dirty 30 5:30p Chocolate Margarita	7 5:15a Kicked 5:30p The Flamingo	8 5:15a Bootcamp	9
11 5:15a Bootcamp 4:30p The Glutton 5:30p Stations	12 5:15a GRIT 4:30p Strength 5:30p The Nell	13 5:15a Bootcamp 4:30p Arm Assault 5:30p Pound	14 5:15a Figure 4 5:30p Lose the Turkey	15 5:15a Bootcamp	16 10:00a Saturday Class \$5
18 5:15a Bootcamp 4:30p Figure 4 5:30p GRIT	19 5:15a Chocolate Margarita 4:30p Mashup 5:30p Flex	20 5:15a Bootcamp 4:30p Goal Crusher 5:30p Form Training	21 5:15a Pound 5:30p Arm Assault	22 5:15a Bootcamp	23 10:00a Pound Class \$5
25 5:15a Bootcamp 4:30p The Flamingo 5:30p Stations	26 5:15a The Fighter 4:30p Buns & Guns 5:30p Pound	27 5:15a Bootcamp 4:30p Up/Down Bootcamp Mtn 5:30p Birthday Special	28 5:15a Buns & Guns 5:30p Figure 4	29 5:15a Bootcamp	30 10:00a Saturday Class \$5

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