

a program that WORKS



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

April 2019 Cleveland, MS
FB CHECK-IN: #autismawareness

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 KP Workout 5:30p Buns & Guns	2 5:15a Flex 4:30p Studio ² 5:30p Strength 2.0	3 5:15a Bootcamp 4:30p Arm Assault 5:30p Chocolate Margarita	4 5:15a The Nell 5:30p The Flamingo	5 5:15a Bootcamp	6 10:00a Pound Class \$5
8 5:15a Bootcamp 4:30p Cardio Blast 5:30p Stations	9 5:15a Pound 4:30p Strength Training 5:30p 500	10 5:15a Bootcamp 4:30p Dirty 30 5:30p Lose the Turkey	11 5:15a Figure 4 5:30p Pound	12 5:15a Bootcamp	13 10:00a Saturday Class \$5
15 5:15a Bootcamp 4:30p The Nell 5:30p Figure 4	16 5:15a Minute on the Minute 4:30p Flex 5:30p Up/Down Bootcamp Mountain	17 5:15a Bootcamp 4:30p Smash 5:30p Birthday Special	18 5:15a Chocolate Margarita 5:30p Studio ²	19 GOOD FRIDAY NO CLASSES	20 10:00a Pound Class \$5
22 5:15a Bootcamp 4:30p The Flamingo 5:30p Stations	23 5:15a Birthday Special 4:30p TACS 5:30p Strength Training	24 5:15a Bootcamp 4:30p The Fighter 5:30p Form Training	25 5:15a Strength 2.0 5:30p Pound	26 5:15a Bootcamp	27 10:00a Saturday Class \$5
29 5:15a Bootcamp 4:30p The Superman 5:30p Minute on the Minute	30 5:15a Strength Training 4:30p 3.5 5:30p Pound				

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