

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

May 2019 Cleveland, MS  
**FB CHECK-IN: #giveshoes**

FACEBOOK: Studio S      INSTAGRAM: Stu.dio.s      662-207-BFIT      studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		<b>1</b> 5:15a Bootcamp 4:30p The Glutton 5:30p Chocolate Margarita	<b>2</b> 5:15a Dirty 30 5:30p The Flamingo	<b>3</b> 5:15a Bootcamp	<b>4</b>
<b>6</b> 5:15a Bootcamp 4:30p The Funfetti 5:30p Buns & Guns	<b>7</b> 5:15a Studio <sup>2</sup> 4:30p Strength Training 5:30p The Fighter	<b>8</b> 5:15a Bootcamp 4:30p Dirty 30 5:30p Lose the Turkey	<b>9</b> 5:15a The Flamingo 5:30p Stations	<b>10</b> 5:15a Bootcamp	<b>11</b> 10:00a Saturday Pound \$5
<b>13</b> 5:15a Bootcamp 8:15a Figure 4 5:30p The Nell	<b>14</b> 5:15a GRIT 8:15a Flex 5:30p Up/Down Bootcamp Mountain	<b>15</b> 5:15a Bootcamp 5:30p Birthday Special	<b>16</b> 5:15a Strength Training 2.0 8:15a Minute on the Minute 5:30p Pound	<b>17</b> 5:15a Bootcamp	<b>18</b> 10:00a Class \$5
<b>20</b> 5:15a Bootcamp 8:15a The Superman 5:30p Stations	<b>21</b> 5:15a Pound 8:15a TACS 5:30p Figure 4	<b>22</b> 5:15a Bootcamp 5:30p Leg Crusher	<b>23</b> 5:15a The Fighter 8:15a Buns & Guns 5:30p GRIT	<b>24</b> 5:15a Bootcamp	<b>25</b> 10:00a Saturday Pound \$5
<b>27</b> Memorial Day NO CLASSES	<b>28</b> 5:15a Figure 4 8:15a Stations 5:30p Pound	<b>29</b> 5:15a Bootcamp 5:30p Minute on the Minute	<b>30</b> 5:15a Flex 8:15a Arm Assault 5:30p Studio <sup>2</sup>	<b>31</b> 5:15a 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