

*Schedule Effective 8/15/18



MOTIVATION, INSPIRATION, KNOWLEDGE, AND ALL THE SUPPORT NEEDED

TO REACH GOALS YOU'VE ONLY DREAMED OF!

WANT TO TRY? COME RIGHT IN!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9AM Stephanie	11AM Hailey
830AM Carol	830AM Carol		830AM Carol	830AM Hailey		
530PM Hailey	530PM Hailey	530PM Stephanie	530PM Hailey	530PM Stephanie		
	630PM Hailey		630PM Hailey			

This program is cutting edge, challenging, and holistic. It incorporates metabolic training techniques backed by solid scientific research and offers participants the most efficient way to change their bodies in a small group exercise setting. It is a progressive, high intensity cardio and resistance training session that uses all modalities of movement and a fresh approach to whole body training. These exercise techniques are utilized by top athletes for peak performance and conditioning and are tailor fitted to transform any individual at any level of fitness. Studio Fit is a sound exercise program that kick starts your metabolism, maximizes benefits in a short time, and guarantees rewarding results. **It's intense but it's worth it!**