

STUDIO FIT NEWSLETTER

February-2024

♥ **HAPPY**
Valentine's
DAY ♥

EXCITING UPDATE!!!!

Our website is now LIVE! Check it out to stay up to date on all the fun happenings at the Studio!

www.studiofitmeadville.com



RECAP:

December- We had so much fun celebrating the holiday season! Members worked to make fitness a part of their schedule (even through holiday stress), and were rewarded with some fun prizes and special classes!

NEW CLASSES COMING IN MARCH!!

POUND- Pound Fitness offers rockout, workout, and unplugged programs that combine cardio, strength, and plyometrics with your favorite songs! We welcome our new Instructor, Valarie Button as she launches this exciting program!



January- we hit the ground running for the new year with more classes on the schedule, Winter Warriors Challenge and preparation by the staff for new programs!

Our Winter Warriors are now in the 5th week of the challenge and doing an amazing job! We can't wait to see their results at the end!



Mat Pilates- Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs!

Upcoming Events:

Line Dancing- Feb 23rd 7-8:30pm

* This class is for those looking to learn to Line dance! Cost is \$7 per person and must be paid in advance to reserve your spot!!

CURRENT SCHEDULE:

Monday-	Aerobics @ 4:15pm Ab Blast @ 5:00pm Total Body @ 5:30pm Body Blast @ 6:15pm
Tuesday-	Circuit @ 4:15pm Ab Blast @ 5:00pm Zumba @ 5:30pm
Wednesday-	Total Body @ 5:30pm Yoga @ 6:15pm
Thursday-	Circuit @ 4:15pm Ab Blast @ 5:00pm Zumba @ 5:30pm
Saturday-	Zumba @ 9:30am
Sunday-	Yoga @ 9:30am