



August 2010



Fit Lifestyle Studios



Where Health Meets Fitness

Fit Lifestyle Studios August Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Team Run 8 am	2	3	4	5	6	7 Spinning® Orientation	
Happy 2nd Anniversary to FLS as a thank you to our committed and loyal clients all classes FREE from August 2nd—August 8th book under Spinning® complimentary class							
8 Team Run 8 am	9	10	11	12	13	14	
Happy 2nd Anniversary to FLS —to introduce the best group classes on the north shore to all potential clients all classes free from August 9th—August 15th please call to reserve your space							
NO 9:30 Spinning® class .. workshop	CPR Cert 6 PM						
15 Team Run 8 am	16 7:30 PM Viewing of "Fresh" The movie	17	18	19	20	21	
90 minute Ride followed by 30 minute Muscle Class 9:30 am							
22 Team Run 8 am	23	24	25	26	27	28	
29 Team Run 8 am	30	31					
Interested in an outside ride? Sunday August 29, 2010 Meet at Flatbread in Bedford at 3:00 PM. Completing the ride with some dinner and drinks at Flatbreads! Email us at getfit@fitlifestylestudios.com if your interested							

Specials:

Refer a friend who purchases a private training package and receive a t-shirt and 2 free group classes

FLS is celebrating 2 years! August 2nd—8th all classes Free For Current Clients! 9th-15th all classes free for new clients.

Special

Facebook users Become a fan of FLS page on Facebook when we reach: 500 Fans 10 class Pass will be \$89.00 for that month

