



September 2010



Fit Lifestyle Studios



Where Health Meets Fitness

Fit Lifestyle Studios September Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	4
Team Run 8 am							
5	6	7	8	9	10	11	
9:30 Special 1 Hour Spinning® class	No Classes Enjoy your Labor day!						
12	13	14	15	16	17	18	
Team Run 8 am EMARC ROAD RACE Victorian Fair Come visit us!			Fall Group Schedule			FLS Anniversary Open House 11-2	
19	20	21	22	23	24	25	
Team Run 8 am				6:30 Track Resumes Walk to jog program begins		9:15 Endurance Ride	
26	27	28	29	30			
Team Run 8 am Outdoor Cycle Ride Meet at the studio at 9:00 am	Interested in an outside ride? Saturday September 25, 2010 Meet at the Studio at the studio at 11:00 Email us at getfit@fitlifestylestudios.com if your interested						

Specials:

FLS is celebrating 2 years!
 With a purchase of any of our services **receive 2** complimentary group classes!
Receive 2 private sessions with the purchase of 3 months 2 x week training!
 Expires: 9-30-2010

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

