

What's Happening In October at Studio 151 Fitness



Warm weather is slim, but the time is now to sculpt those muscles for flannel shirts, leggings and boots! No better time to work on that booty!

We have lots of exciting things to introduce to you in time for Fall!

New Classes

Monday at 6am - TRX with Amy

Tuesday at 5:15am alternating weeks - Tabata and Kickboxing with Amy

Fridays 9am - Yoga with Catrina
New time for Wednesday's 5:30am for Barre Fight/Bootcamp

6 Week Fitness Challenge



Join Meggin to discuss ways that you can stay fit during the Holidays! Meet Tuesday October 16th from 6:30-7pm

Food is EVERYWHERE and part of all of our lives, seemingly inescapable during the Holidays. We want to show you how to EMBRACE this time of year (and everyday life), how to enjoy the fun treats, and learn a few tips and tricks for staying on track with your fitness and nutrition goals all year long!

Meal plans and recipes are all ready for you we're looking for women who are "READY" to transform their life and bodies in my next 6-week Fitness & Nutrition Challenge.

Ladies who are struggling to lose those weight or feel stuck, women who want to build strength, confidence, reduce body fat and change their body composition once and for all... the healthy way.

NO restrictive Dieting

No guessing on what to eat or how much
Simple Healthy Nutrition

Join Meggin on October 16th (after her CORE DE FORCE Class) for a
Q&A Kickoff Meeting where you can ask questions, learn all the details and
sign up
to start the challenge THAT WEEK!

For more details or to RSVP to the meeting Q&A, click below:

<https://www.facebook.com/events/746617532365661/>

Save Money with Class Pass Packages!

Don't forget that we offer a 20 class pass monthly membership!
This the perfect option to give yourself the push you need to get ready for
Winter! If you workout 3 or more times per week, this convenient payment
option is a great fit! Pay-as-you-go and Class Pass packages of 10/20 are
still available. Contact Amy at 455-4069 to get yours!

Fall Back into Fitness



Commit
to be
Fit with
20 Classes
a Month
for \$60



Studio51fitness.com



Check out our **October Schedule!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6A TRX-Amy 9a Yoga Flow-Catrina 5:30p Bootcamp-Tami	2 5:15 Kickboxing-Amy 6A Strength-Amy 5:30p Turbo Kick-Crystal 7P Full Body Condit-Katie	3 5:30A Bootcamp-Tami 9A Yoga Flow-Stacey 5:30P Bootcamp-Tami	4 5:45A Muscle Madness With Meggin 5:30P Full Body Fit -Katie	5 5:15A Step-Amy 6a Pilates Fusion-Amy 9A Yoga Catrina	6 7:30A Barre/Tone-Gina 8:30A Temple Yoga-Gina 
7 TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.	8	9 5:15 Tabata- Amy 6a Strength-Amy 5:30p Turbo Kick-Crystal 7P Full Body Condit-Katie	10 5:30A Barre Fight-AMY 9A Yoga Flow-Stacey 5:30P Bootcamp-Amy	11 5:45A Muscle Madness With Meggin 5:30P Full Body Fit -Katie	12 6a Pilates Fusion-Amy 9A Yoga Catrina	13 7:30A Barre/Tone-Gina 8:30A Temple Yoga-Gina
14	15 6A TRX-Amy 9a Yoga Flow-Catrina 5:30p Bootcamp-Tami	16 5:15 Kickboxing-Amy 6A Strength-Amy 5:30p Core deForce Meggin 6:45pm 6 Week Challenge Kick-Off Meeting - Meggin 7P Full Body Condit-Katie	17 5:30A Bootcamp-Tami 9A Yoga Flow-Stacey 5:30P Bootcamp-Tami	18 5:45A Muscle Madness With Meggin 5:30P Full Body Fit -Katie	19 5:15A Step-Amy 6a Pilates Fusion-Amy 9A Yoga Catrina	20 7:30A Barre/Tone-Gina 8:30A Temple Yoga-Gina 
21	22 6A TRX-Amy 9a Yoga Flow-Catrina 5:30p Bootcamp-Tami	23 5:15 Tabata-Amy 6a Strength-Amy 5:30p Turbo Kick-Crystal 7P Full Body Condit-Katie	24 5:30A Barre Fight-Tami 9A Yoga Flow-Stacey 5:30P Bootcamp-Amy	25 5:45A Muscle Madness With Meggin 5:30P-P90X Live-Meggin	26 6a Pilates Fusion-Amy 9A Yoga Catrina	27 7:30A Barre/Tone-Gina 8:30A Temple Yoga-Gina
28	29 6A TRX-Amy 9a Yoga Flow-Catrina 5:30p Bootcamp-Tami	30 5:15 Kickboxing-Amy 6A Strength-Amy 5:30p Turbo Kick-Crystal 7P Full Body Condit-Katie	31  5:30A Bootcamp-Tami 9A Yoga Flow-Stacey NO BOOTCAMP HAPPY HALLOWEEN	October	 "wake up and be awesome"	

For more information contact

amy.studio151fitness@gmail.com or WWW.studio151fitness.com

Classes are subject to change- please contact Amy Jones or visit facebook for daily updates

** the following small group classes are offered as well and require an additional fee, contact jen at jen.studio151fitness@gmail.com for more details.

Mondays at 9:30A Tues 7a and 5:30P Wed at 10:30A Thurs 7A, 10:30A, 5:30P Friday 6A

NOW OFFERING 3 WAYS TO PAY: 1) OUR VERY POPULAR PAY AS YOU GO 2) CLASS PASS PACKAGES 3) \$60 PER MONTH FOR 20 CLASSES

Recipes of the Month

October means Apple & Pumpkin everything! Choose your favorite and post about it on our page!



Pumpkin Recipes

Apple Recipes

Also try Amy's Banana Bites for some quick energy!



[RECIPE](#)

**Get your NEW Studio 151 Swag Here!
Message Amy for price & availability!**



To get yours, send a message to amy.studio151fitness@gmail.com

Get Back to being Pain Free with the Derma Edge!
Cure yourself of nagging pain, tightness and even cellulite with our own
Kristie Ennis invention called the Derma Edge!



When you get tight spots in your body, a flare up, or you were a weekend warrior and played basketball for 2 hours, you know it the minute you wake up. You know you have to deal with that pain all day unless you take things into your own hands. Now, with the Derma Edge, you have the power in YOUR hands. Now you don't need to see a therapist or take medication when you feel that familiar pain.



The shape of the Derma Edge makes it easy and comfortable to hold, even if you have pain in your hands and wrists. The metal material and shape allow you to feel where these tight spots are and gently release them yourself without pain or bruising!

Added Bonus: You can make your cellulite look better too! It only takes 5 minutes of working on the area to notice a difference.

[Click here for more info or to purchase one of your own!](#)

**Get back to spending time on yourself
before the Holiday rush begins!
“Wake up and Be Awesome!”**



Studio 151 Fitness

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