

What's Happening In November at Studio 151 Fitness



Focus on your own well being this month by exercising regularly to get ready for the busiest time of the year when you also need to look your best! A happy host, mom, sister, or friend is what everyone needs this time of year!

What's New in November

6:45pm Energy Flow Yoga

with Tekla on Mondays

4:30pm Core De Force with Meggin on

Tuesdays

5:45am Muscle Madness with Meggin
Thursdays

7:30am Barre/Tone with Gina Saturdays

9am Yoga with Catrina on Fridays

Special and new classes are highlighted

**Powerhour with Amy also the day after

Thanksgiving 7:15am Cardio Strength and

7:45am Pilates

Thanksgiving Class is TBD! Check out
Facebook for details

www.facebook.com/studio151fitness

Check out our November Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>"wake up and be awesome"</p>		1	2	3
					5:45A Muscle Madnes With Meggin	6a Core/Stretch-Meggin
4	5	6	7	8	9	10
	6A TRX-Amy	5:15 Tabata- Amy 6a Strength-Amy	5:30A Bootcamp-Tami	5:45A Muscle Madnes With Meggin	5:15A Step-Amy 6a Pilates Fusion-Amy	7:30A Tabata Amy 8:30A Pilates-Amy
	5:30p Bootcamp-Tami 6:45pm Energy Flow Yoga - Tekla	4:30P Core DeForce-Meggin 5:30p Turbo Kick-Crystal 7P Full Body Condit-Katie	9A Yoga Flow-Stacey 5:30P Bootcamp-Amy	5:30- Tabata/pilates Amy	9A Yoga Catrina	
11	12	13	14	15	16	17
	6A TRX-Amy	5:15 Tabatakick-Amy 6A Strength-Amy	5:30A Bootcamp-Tami	5:45A Muscle Madnes With Meggin	6a Pilates Fusion-Amy	7:30A Barre/Tone-Gina 8:30A Temple Yoga-Gina
	9a Yoga Flow-Catrina 5:30p Bootcamp-Tami 6:45pm Energy Flow Yoga - Tekla	4:30P Core DeForce-Meggin 5:30p Turbo Kick-Crystal 7P Full Body Condit-Katie	9A Yoga Flow-Stacey 5:30P Bootcamp-Tami	5:30P-P90X Live-Meggin	9A Yoga Catrina	
18	19	20	21	22	23	24
	6A TRX-Amy	5:15 T abata-Amy 6a Strength-Amy	5:30A Bootcamp-Tami	CLASS TBD	Powerhour with Amy! 7:15 am Cardio strength 7:45 Pilates	7:30A Barre/Tone-Gina 8:30A Temple Yoga-Gina
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25	26	27	28	29	30	
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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						

We are Thankful for YOU!



As Thanksgiving is coming, I try to slow down (as best as I know how), to reflect on the things I am thankful for. We are all so busy running around, working, meeting with friends, raising kids or helping with families and trying to work out and stay healthy.

I remember back just about 3 years ago when the Swim Club closed down over Thanksgiving weekend.....we were all stunned. We all figured it would just be a few weeks before things would be back to normal and we all went back to being together at LASC. In the meantime, people were growing concerned about how they would work out, continue to see their friends and stay healthy. We were all fortunate that May and Peter Stewart were kind enough to offer their space to us and all the 6 am crew who couldn't take it any longer! Well, we soon learned that the swim club was no longer going to be an option and that is when Studio 151 emerged. It was never my intent to open a studio but the need was there. I am thankful to have such a great group of clients who are a part of the studio, all the amazing instructors and personal trainers and for my partner Jen who has been a steady throughout it all. We are all a family , once you start taking classes or training you feel like you are a part of something. Our goal is to make fitness fun and affordable and that I believe is what we have done. I certainly could not do it without the support of the instructors, we all help each other out and they certainly help me as I juggle a separate full time job, 2 kids, a dog, volunteer work and a wonderful husband Aaron. Lastly I am grateful for my family who have been a part of this journey. I

never would have thought 3 years ago Studio 151 would still be here, but for that I am grateful.

Recipes of the Month

Roasted Butternut Squash Risotto



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



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

Welcome our newest instructor to
Studio 151 Fitness
Tekla Frates!



Starts November 12

ENERGY YOGA FLOW
WITH TEKLA

MONDAYS 6:45PM

at
STUDIO 151 FITNESS

ALL LEVELS





Tekla

A Gypsy Soul: Tekla combines her experiences in the professional visual, audio, and travel industries to create a magical space to learn and grow in unique ways. Classes and Personal Sessions are purposely sequenced to help guide those in need, back into energetic alignment and health.

Tekla is a Reiki Master, Meditation Guide, Energy Medicine/Yoga Therapy Practitioner, and 200RYT Yoga Instructor. When she is not teaching group classes to the local community, she brings energy healing workshops to locations all over New England. Tekla's YOurGA Program has been demonstrated in Schools, Hospitals, Corporations, Small Businesses, Rehabilitation, Recovery, and Wellness Centers.

Valuable information about self healing, mindfulness, and understanding your energy mind-body, is sprinkled throughout her class experiences. Reiki and the universal elements work in combination whenever you find yourself on an Energy Flow Yoga experience. If you feel the pull to reconnect to your true potential, her classes are suitable for All Levels!

SMALL GROUP PERSONAL TRAINING

Want to see results and have fun? Come get fit with a Certified Personal Trainer.

Jen currently has spots available on Tuesdays and Thursdays at 7am.

Message Jen for more info or to try a session for free!

Jen.studio151fitness@gmail.com

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



Studio15fitness.com



**Get strong & stress free this
Holiday season!
"Wake up and Be Awesome!"**



Studio 151 Fitness

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