

STUDIO FUSION

News & Events

January, 2015



Happy New Year!!! It's that time again to get back on track and think about your fitness and weight-loss goals for the coming year, whether you just want to lose those few pounds you gained over the holidays or challenge yourself to get into the best shape of your life! Although most of you have been attending class through the holiday season, I do look forward to seeing the rest of you back in class!! We've added the Insanity program to our schedule. The first class is this Sunday so come check it out! Please visit our website at www.fusionfitness.us for the current class schedule.



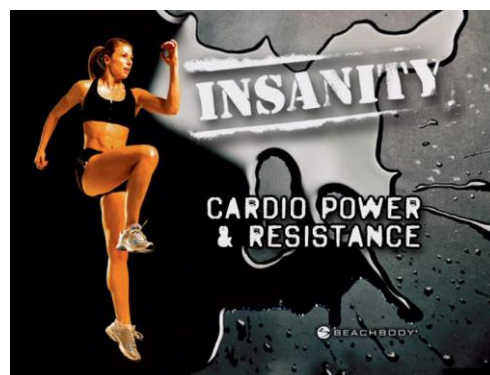
ALL NEW CLASSES

PiYo...

Wednesdays at 5:30 pm

Insanity...

Sundays at 11 am



3-DAY REFRESH and SHAKEOLOGY Challenge Group Starts Monday, January 12th

What is a Challenge Group? It is an accountability group where participants are all doing the same program at the same time. Fitness and weight-loss programs are more successful when you are part of a group and receive ongoing support and motivation from each other. You'll also be provided with recipes, clean eating tips, meal plans and more!

What is the 3-Day Refresh? It is the perfect tool to reset your body and jumpstart your weight-loss, especially after the holidays. Most people lose about 5 lbs with the refresh, and you can lose another 5-10 lbs in a month with Shakeology!

Click on the links below for more information on the 3-day Refresh and Shakeology

<http://beachbodycoach.com/esuite/home/studiofusion?bctid=3591210905001>

<http://shakeology.com/studiofusion>

Let me know if you would like to participate...
Orders must be placed by Monday, January 5th
3-Day Refresh...\$69.95
With 30-Day Shakeology...\$140

