



March 2010



Fit Lifestyle Studios



Where Health Meets Fitness

Fit Lifestyle Studios March Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		March is National Nutrition Month!			5:15 PM Spinning® Starts tonight	11:00 am Kick off of 8 week Spinning® Weight Loss Program
7 SPIN FOR HOPE 9 AM—12 PM	8	9	10	11	12	13 WEEK 1 Spinning® Program
14 FLS Team Run	15	16	17	18	19	20 WEEK 2 9:15 am Spinning® Endurance Energy Zone
21 FLS Team Run	22	23	24 6:15 PM Spinning® Race Day	25	26	27 WEEK 3 9:15 Spinning® Endurance Ride
28 FLS Team Run	29	30 7 PM Nutrition Seminar Roosevelt Elementary School	Spin for Hope Sunday, March 7 • 9:00 a.m. to 12 noon Join the fun!			

March Special
 Semi Private Sessions per person
 45 minute \$40.00/sessopm
 55 minute \$50.00/session

Congratulations Team FLS in the Climb of Your Life!

Special Facebook users
 Become a fan of FLS page on Facebook
 when we reach:
 300 Fans 10 Class Pass will be \$95.00 for that month
 500 Fans 10 class Pass will be \$89.00 for that month




A three-hour indoor cycling event at participating clubs in New England