



October 2022

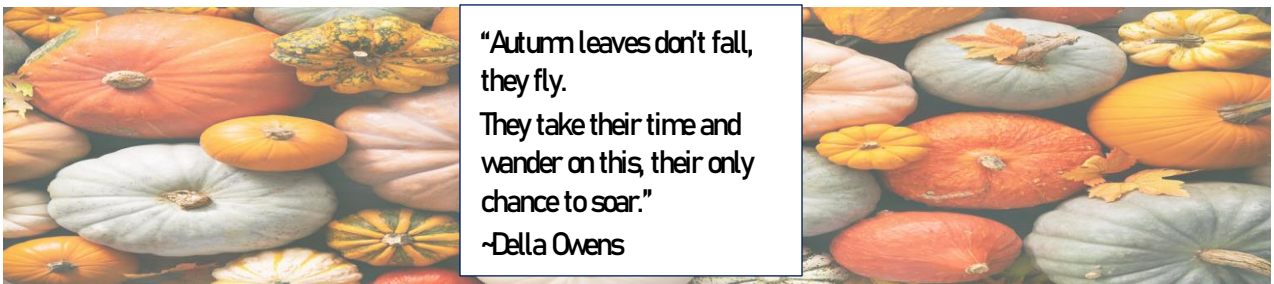
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					<u>POUND w/Christina @10am</u>	
3	4	5	6	7	8	9
<u>POUND w/Christina @5pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Marina 9-230</u> <u>Pilates w/Lysa 9-4</u> <u>Pilates Circuit w/Ramon 5pm</u> <u>TRX w/Ramon 6pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Lysa 9-4</u> <u>Facials w/Lyzette 9-5</u> <u>Restorative Yoga w/Ramon @5pm</u> <u>Mixed Level Flow Yoga w/Ramon @6pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Marina 8-2</u> <u>Pilates w/Lysa 9-3</u> <u>POUND w/Christina @5pm</u> <u>Pilates w/Ramon 5pm</u> <u>Pilates w/Ramon 6pm</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Lysa 9-3</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Walk,Talk,Eat w/Robin 10am@St.Francis of the Valley</u> <u>POUND w/Christina @10am</u>	
10	11	12	13	14	15	16
<u>POUND w/Christina @5pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Marina 9-230</u> <u>Pilates w/Lysa 9-4</u> <u>Pilates Circuit w/Ramon 5pm</u> <u>TRX w/Ramon 6pm</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Lysa 9-4</u> <u>Restorative Yoga w/Ramon @5pm</u> <u>Mixed Level Flow Yoga w/Ramon @6pm</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Marina 8-200</u> <u>Pilates w/Lysa 9-3</u> <u>POUND w/Christina @5pm</u> <u>Pilates w/Ramon 5pm</u> <u>Pilates w/Ramon 6pm</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Lysa 9-3</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>POUND w/Christina @10am</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
<u>POUND w/Christina @5pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Marina 9-230</u> <u>Pilates w/Lysa 9-4</u> <u>Pilates Circuit w/Ramon 5pm</u> <u>TRX w/Ramon 6pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Lysa 9-4</u> <u>Restorative Yoga w/Ramon @5pm</u> <u>Mixed Level Flow Yoga w/Ramon @6pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Marina 8-2:00</u> <u>Pilates w/Lysa 9-3</u> <u>Trick or Treat 330-5</u> <u>YOGLOW!Yoga event with lights w/Ramon @6pm</u> <u>POUND w/Christina @5pm</u> <u>Pilates w/Ramon 5pm</u> <u>Pilates w/Ramon 6pm</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>Pilates w/Lysa 9-3</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	<u>POUND w/Christina @10am</u> <u>Facials w/Lyzette 9-5</u> <u>Body Sculpting w/Erika appts. 4-6pm</u>	

Studio One-Eleven October Newsletter



Studio Upcoming Events & Promotions

- If you haven't, you **MUST...come to enjoy a POUND class with us on Monday and Thursday's at 5pm or Saturday at 10 am.**
\$12, walk-in OR SAVE when you buy 4 or more for \$10/class: **Call/Text to book your spot: 409-498-0064**
- **Walk, Talk & Eat, with Robin Oct. 8 & 22nd. Explore and experience local labyrinths, learn and discuss their unique patterns and characteristics, then enjoy a meal together. Bring a curious spirit, water, a journal, a friend some lunch money for a wonderful day out.**
Call/Text to book your spot w/Robin King: 909-260-7612
- **Get yourself booked with Erika, our newest addition to wellness services. Let her help you with some of those hard to get rid of fatty tissues around our neck, arms, legs and so much more. She uses a new technique using radiofrequency to tighten and improve the skin, with no scars, minimal to no side effects, and more! She's filling up, so get booked! Appointments are available on M-F from 4-6pm. October Special \$55 ANY SESSION arms, legs, abdomen, chin, or back**
Call/Text to book w/Erika: 520-437-5637
- **Trick or Treat event at the Studio from 3:30-5 pm. An event to bring in the Fall season and celebrate change. Come and learn about the Studio, the classes, the passes as well as some of our instructors and practitioners maybe join us for POUND @ 5pm and/or YOGLOW from 6-7. There will be contests, prizes, and more! Keep an eye out for more info on the event!**
- **YOGLOW w/Ramon! Join us for one of our favorite events! Glow in the dark Yoga! Following our Trick or Treat event at the Studio, come Yoga to some great music and fantastic people. Come dressed up for best costume! 6-7pm**
Call or Text to RSVP w/Ramon: 928-723-6122
- **Services Provided:**
Craniosacral Therapy w/Nanette **check website for special list of services and types of massage*
Massage w/Holly **check the website for special list of services and types of massage*
Massage w/Antonio **check the website for special list of services and types of massage*
Facials, Derma blading and more w/Lyzette **check website for special list of services and types of massage*
***As we move into the busy season, remember that appointments book quickly. Be sure to book your appointments and consider booking ahead. kf**



"Autumn leaves don't fall,
they fly.
They take their time and
wander on this, their only
chance to soar."
-Della Owens