

the studio



F I T N E S S



NEW YEARS OF HEALTHY HABITS

30 Day New Years Health Eating and Fitness challenge

Join Instructor Julie virtually for a 30-Day fitness and nutrition challenge. We will be Utilizing the "Stoplight Diet" Designed by Former TSF Nutritionist. We will be watching what we put in our bodies for 30 days straight. This Challenge will have a private Facebook page with Workout videos and exercises for all training levels.

*"...THANK YOU AGAIN, JULIE,
FOR HELPING US ON OUR
JOURNEY! "*

*" I'VE ABSOLUTELY LOVED
BEING A PART OF THIS GROUP
& HAVE LEARNED SO MUCH
FROM JULIE..."*

**PRIZES AND
GIVEAWAYS**

**HEALTHY RECIPES
AND IDEAS**

**ACCOUNTABILITY
GROUP**

THE STUDIO FITNESS

698 W National Rd,
Vandalia, OH 45377

<http://www.thestudiofit.com>

Feb 19th-March 19th

Facebook group starts Jan
12th