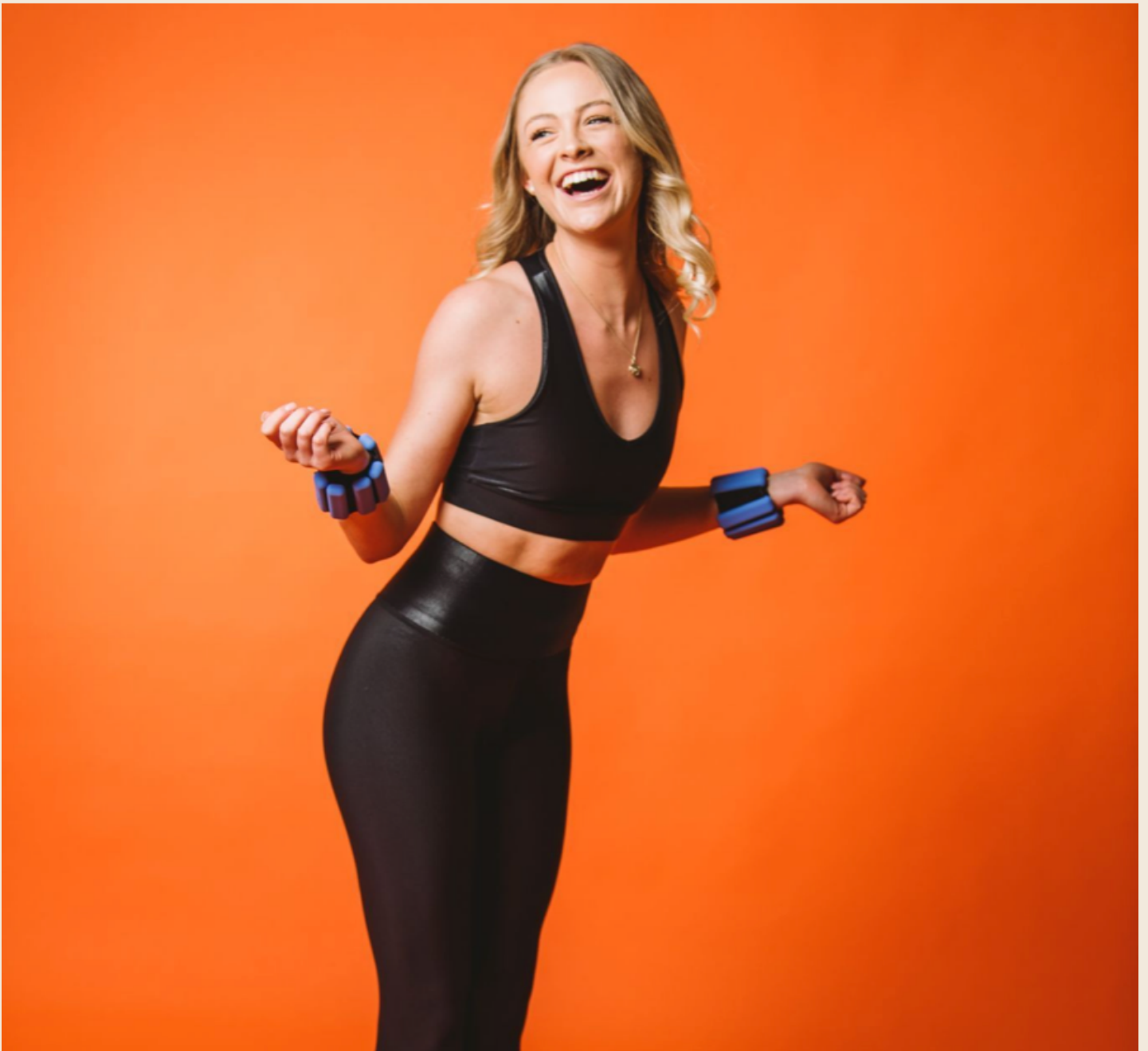


STUDIO FIRE.

Infrared Fusion Fitness

LET'S TALK ABOUT
NOURISHMENT.



WHAT IS NOURISHMENT?

VERB - 3) *to sustain with food or nutriment; supply with what is necessary for life, health, and growth.*

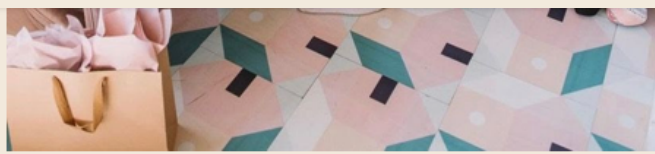
You may have heard us in class talk about nourishment - *the act of nourishing our bodies, enriching our minds, and moving throughout your day in mindful ways.* Nourishment doesn't have to always come from the food you eat. There is nourishment in being outside, meditating, even petting your favorite furry friend. Nourishment doesn't have to take effort — sometimes, it means that your energy is better left unspent on some things rather than others.

This month at Studio Fire, we are focused on practicing that nourishment in and outside of class. Listen to your body, your mind, and your energy reserves. It might mean a Birds of Paradise smoothie after Well Flow or a tall glass of cold water when you get back home.

One day, you might want to push yourself harder than ever in a morning Bend + Barre with Ahna. Another day, nourishment will find you better in an early Fire Flow with Howell. No matter what movement you take, make it matter to you. Your movement = your practice.

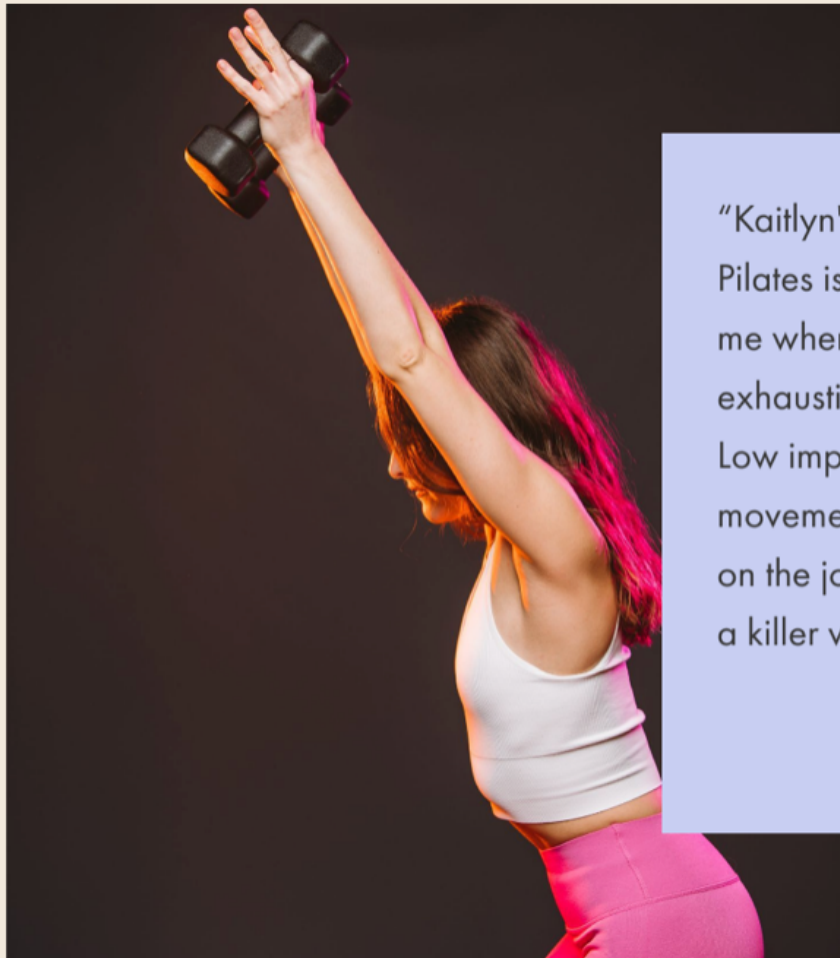
here's to feeling full + satisfied everyday,





xx, Studios Five

TAKE IT FROM THE MEMBERS



"Kaitlyn's AAA Pilates is the class for me when I've had an exhausting week. Low impact movements = easy on the joints, but still a killer workout."

— KELSEY F.

"I love that Studio Fire is a blend of yoga, barre, and strength training. I've gained a lot more flexibility, tone and definition."

- Carmen A



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