

Feed YOUR Soul

8 WEEK CHALLENGE

January 10–March 6

JOIN FROM ANYWHERE!

In-studio • Live Virtual • On-Demand

It's a Buddy Challenge this year!

Your buddy does NOT have to live in the same city as you. Do live virtual classes together! Motivate and keep each other accountable. If you don't have a buddy in mind, we will pair you up!

- ✓ Commit to 3 classes/week
- ✓ Buddy BONUS Challenge
- ✓ FUN Side Challenges
- ✓ Keepsake Package
- ✓ 2 Nutrition Seminars
- ✓ Mobility Workshops
- ✓ Kick Off & Wrap Up Party
- ✓ Weekly Meditations

REGISTER on the Soul Studio app
by Friday Jan 8th

Challenge \$299
(Includes 2 month pass)

Virtual/In Studio Member - \$45
VIP Member - \$25

WIN AMAZING PRIZES

Over \$1000 in Prizing including \$500 BONUS CASH PRIZE

ZUMBA * BARRE * YOGA * MEDITATION * INDOOR CYCLING * STRENGTH & MORE!

100's of classes that can be done from the comfort of your own home.



you're worth it

www.soulstudio.ca

Email - info@soulstudio.ca