



# Group Fitness Schedule

Dynamic workouts to power up your everyday life!

**\*\*Fitness classes are also streamed virtually, unless otherwise noted. TRX classes are in-studio only.\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:15am <b>Sculpt &amp; Tone</b>	8:30am <b>Tabata Bootcamp 45</b> 9:30am <b>Barbell Strength</b>	8:15am <b>Cardio &amp; Sculpt</b>	8:15am <b>Spin</b> 9:30am <b>Barbell Strength</b>	8:15am <b>Interval XT</b> 9:30am <b>Fitness Basics 45</b>	
5:30pm <b>TRX Interval Circuit</b> 6:30pm <b>WERQ Dance Fitness 45</b>	5:30pm <b>Barbell Strength</b>	5:30pm <b>Cardio Intervals</b>	5:30pm <b>Barbell Strength</b>	<th>SATURDAY</th>	SATURDAY
				8:15am <b>Sculpt &amp; Tone</b> 9:15am <b>Hatha Yoga</b> ♦ 9:30am <b>Tabata Bootcamp 45</b>	
				<th>SUNDAY</th>	SUNDAY
				9:30am <b>Virtual PiYo</b>	

### Important Info

- Fitness classes: Pre-reg. required. Classes are 55 minutes unless noted. ♦ Classes are 75 minutes.
- Virtual fitness classes: Clients receive the class link via email upon registration and 1 hour before class begins.
- To attend workouts, clients must have an updated member waiver on file.
- Schedule is subject to change. Check our MINDBODY app and website for the latest class listings.



### Simple booking.

Download the MINDBODY app to view our schedule and plan your workouts!  
Add us to your faves! ❤️

[www.midamericanfit.com](http://www.midamericanfit.com)

(248) 477-5248

• [info@midamericanfit.com](mailto:info@midamericanfit.com)

• 24425 Indoplex Circle, Farmington Hills 48335

# Get started today!

## FREE WEEK OF FITNESS

Includes 7 days of unlimited\*:

Fitness Classes • Virtual Fitness Classes • On-Demand Workouts

*\*Package is for valid for 7 consecutive days from first visit. For new fitness clients. Limit one.*



After your FREE WEEK, choose the package that fits your wellness needs!

### Pricing

**All-Inclusive:** Ideal for attending 3+ classes per week.

- **Monthly Auto Pay All-Inclusive Package** **\$89**
- **30 Day All-Inclusive Package** **\$99**

**All-Inclusive Packages give members unlimited access to:**

Fitness Classes, Virtual Fitness Classes & On-Demand Workouts

**Class Passes:** Ideal for attending 1-2 classes per week.

- **4 Class Pass Monthly Auto Pay** (90 day req) **\$39**
- **8 Class Pass Monthly Auto Pay** (90 day req) **\$69**
- **10 Class Pass:** (Good for 60 days) **\$150**

**Drop-in Class:** For fitness classes.

- **\$18/Class** Seniors 62+ & Students: \$15 drop-in/class

**Video On-Demand Packages:** For access to the video library only.

- **VOD Monthly Auto Pay**
- **VOD 30 Days Unlimited** **\$59**

### Everybody is welcome!

Getting fit and staying active is easier when you have someone in your corner. That's why we're here to motivate, encourage, and empower you to live your best life! Plus, we give discounts and perks for working out!

- **10% Family Discount** for spouses, partners, and teens.
- **10% Youth Dance Parent Discount** for parents with a child enrolled in the current Mid American Studio dance session.
- **20% Student Discount** for students with a valid high school or college ID.
- **Earn free snacks to fuel up with Perkville!**

