



# Group Fitness Schedule

Dynamic workouts to power up your everyday life!

*\*\*Fitness classes are also streamed virtually.\*\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:15am <b>Sculpt &amp; Tone</b>	8:30am <b>Tabata Bootcamp 45</b> 9:30am <b>Total Body Toning</b>	8:15am <b>Cardio &amp; Sculpt</b>	8:15am <b>Spin</b> <i>(please pre-reg!)</i> 9:30am <b>Total Body Toning</b>
FRIDAY	SATURDAY	SUNDAY	
8:15am <b>Interval XT</b> 9:30am <b>Fitness Basics</b>	8:15am <b>Sculpt &amp; Tone</b> 9:15am <b>Hatha Yoga</b> 9:30am <b>Tabata Bootcamp 45</b>	9:30am <b>Virtual PiYo</b>	



Download the **MINDBODY.** app to view our schedule and plan your workouts!\*

*\*Schedule is subject to change. Check the app and website for the latest class listings.*

- **To attend classes**, clients must have an updated member waiver on file.
- **For virtual classes**, clients receive the class link via email upon registration and 1 hour before class begins.

**(248) 477-5248 • [www.midamericanfit.com](http://www.midamericanfit.com)**

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# 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.*



### Fitness Pricing & Discounts

#### All-Inclusive Packages:

- **Monthly Auto Pay All-Inclusive**.....\$89
- **30 Day All-Inclusive**.....\$109

All-Inclusive Packages give members unlimited access to:

Fitness Classes, Virtual Fitness Classes & On-Demand Workouts

#### Video On-Demand Packages:

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

- **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.

#### Class Passes:

- **4 Class Pass Monthly Auto Pay (90 day req)**.....\$49
- **8 Class Pass Monthly Auto Pay (90 day req)**.....\$69
- **10 Class Pass: (Good for 90 days)**.....\$175

#### Drop-in:

- **\$20/Class**
- Seniors 62+ & Students: \$18/class

