

Group Fitness Schedule

Dynamic workouts to power up your everyday life!

Fitness classes are also streamed virtually.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

8:15am Sculpt & Tone 8:30am Tabata Bootcamp 45

9:30am Total Body Toning

8:15am Cardio & Sculpt

8:15am Spin (please pre-rea!)

9:30am Total Body Tonina

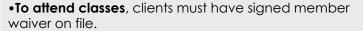
FRIDAY SUNDAY **SATURDAY**

8:15am Sculpt & Tone 8:15am Interval XT 9:30am Fitness Basics

9:15am Hatha Yoga

9:30am Tabata Bootcamp 45

9:30am Virtual PiYo



•For virtual classes, clients receive the class link via email upon registration and 1 hour before class begins.



Download the

OMINDBODY, app

to view our schedule & book your workouts!* We also offer 8-week sessions of Adult Dance Classes!

Cost: \$140/8-week class

- **Hip Hop (all levels):** Mon/7:30pm
- Tap (intermed): Wed/6:45pm
- Jazz (all levels): Wed/7:30pm

*Schedule subject to change. Contact us for more info or to register!

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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

