



# 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

8:15am **Sculpt & Tone**

## TUESDAY

8:30am **Tabata Bootcamp 45**  
9:30am **Total Body Toning**

## WEDNESDAY

8:15am **Cardio & Sculpt**

## THURSDAY

8:15am **Step Variety & Abs 45**  
9:30am **Total Body Toning**

## FRIDAY

8:15am **Interval XT**  
9:30am **Fitness Basics**

## SATURDAY

8:15am **Sculpt & Tone**  
9:15am **Hatha Yoga**  
9:30am **Tabata Bootcamp 45**

## SUNDAY

9:30am **Virtual PiYo**

• **To attend classes**, clients must have signed member waiver on file.

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



Download the  
**MINDBODY** 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!*

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

**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.*



### 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

