



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
Cardio Strength Intervals

TUESDAY

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

WEDNESDAY

8:15am Cardio & Sculpt

THURSDAY

8:15am Sculpt & Tone
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!*



Summer Adult Dance Classes!
6-week session: July 1-Aug 8

No dance experience necessary!
Cost: \$120/6-week class

- **Hip Hop:** Tues at 7:30pm
- **Tap:** Wed at 6:45pm
- **Jazz:** Wed at 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

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**

- **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.

