



# Group Fitness Schedule

It's not about the weight you lose, it's about the life you gain!

**\*\*All fitness classes are also streamed virtually, via Zoom, unless otherwise noted.\*\***

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> 8:30am <b>Barre, Balance &amp; Stretch 45</b> 9:30am <b>Barbell Strength</b>	8:15am <b>Interval XT</b> 9:30am <b>BodySculpt 45</b>
5:30pm <b>Sculpt &amp; Tone 45</b> 6:20pm <b>WERQ Dance Fitness</b>	5:30pm <b>Barbell Strength</b> 6:30pm <b>Fit Barre</b>	5:45pm <b>TABATA Bootcamp 45</b> 6:30pm <b>Hatha Yoga ♦</b>	5:45pm <b>Barbell Strength</b> 6:45pm <b>TRX Interval Circuit 45</b> (in-studio only)	<b>SATURDAY</b> 8:15am <b>Sculpt &amp; Tone</b> 9:15am <b>Hatha Yoga ♦</b> 9:30am <b>TRX Interval Circuit</b> 10:45am <b>Zumba</b> (in-studio only)
				<b>SUNDAY</b> 9:30am <b>PiYo</b> (virtual-only)

### Important Class Information:

- Pre-registration is required for all classes.
- To attend classes, clients must have an updated member waiver on file.
- Classes are 55 minutes unless denoted. ♦ Classes are 75 minutes.
- For virtual classes, clients will receive the class link via email: upon registration & 1hr before class.



### Booking made simple.

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

Add us to your FAVORITES ❤️

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

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

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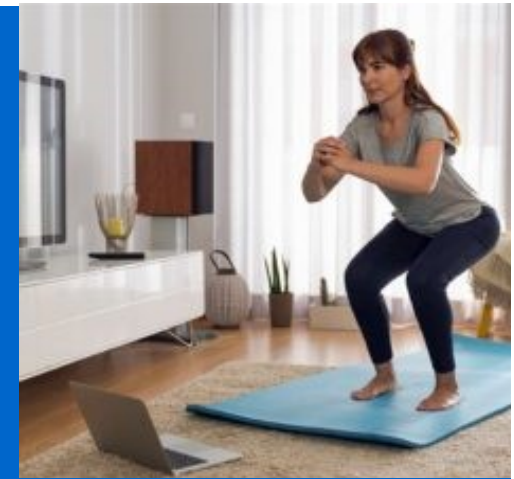
**FREE WEEK  
OF  
FITNESS  
CLASSES**

## Get started today!

Includes 7 days of unlimited\*:

- Group 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, sign up for our \$49 Introductory 30 Day All-Inclusive Package!\*\***

## No contracts or annual fees!

### Pricing

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

- **Monthly Auto Pay All-Inclusive Package** (3 month req.) **\$82**
- **30 Day All-Inclusive Package** (month-to-month) **\$92**

All-Inclusive Packages give members unlimited access to:

- All Fitness Classes
- Exclusive On-Demand Video Library

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

- **10 Class Pass:** \$125 (Good for 3 months)
- **20 Class Pass:** \$220 (Good for 6 months)

**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.

- **Video On-Demand Monthly Auto Pay** (3 month req.) **\$59**
- **Video On-Demand 30 Days Unlimited** (month-to-month) **\$69**

## 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 freebies and discounts with [Perkville](#)**: Our member loyalty program that gives rewards for staying active and referring friends!

