



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

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

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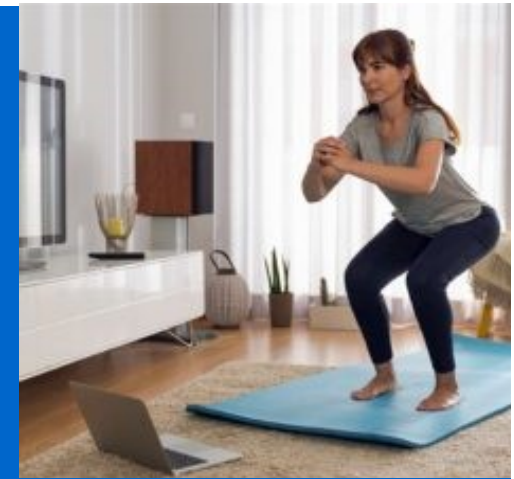
**FREE WEEK
OF
FITNESS
CLASSES**

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.

- **VOD Monthly Auto Pay** (recurring bill on 1st of each month) **\$59**
- **VOD 30 Days Unlimited** (month-to-month)

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!

