

MORE ON MEMBERSHIP SUBSCRIPTIONS:	Online Mem.	Select Mem.	Basic Mem.	Premium Mem.	SEPTEMBER SCHEDULE
Per Class Cost/ OR Every 30 days rate	<i>\$5/ ea. OR \$24/ mo.</i>	<i>Half Off/ \$35/ mo</i>	<i>\$13/ea. OR \$50/ mo.</i>	<i>\$17/ea. OR \$71/ mo.</i>	<i>Day/ Time</i>
Chair One Fitness (30 min.)	X	✓	✓	✓	•Sat. 11am
Spinning/ Indoor Cycling (30 min.)	X	✓	✓	✓	•T. 6-6:30pm
Rhythm Ride & Weights (Cycling/ 30 min.)	X	✓	✓	✓	•Sat. 8:15am
Beginner Yoga (45 min.)	X	✓	✓	✓	•Sat. 10:15am
Bellydance Body Fitness® (60 min.)	live+demand	✓	✓	✓	•Sat. 10:15am
Barre Intensity® (60 min.)	live+demand	✓ (T. 9:30am)	✓	✓	•M./W./Th.: 5:15pm • W./Th. 6am • T./F. 9:30am
Zumba Fitness® (60 min.)	live+demand	✓ (S. 9am)	✓	✓	•M./T./Th. 6:15pm •Sat. 9am
Yoga, Vinyas Flow/ Mixed Levels (60 min.)	live+demand	✓ (F. 10:45am)	✓	✓	•M. 6:15pm •T./F. 10:45am •T. 6:45PM •Sat. 9am
Abs in 15 (15 min.)	live+demand	✓ (Fr. 5pm)	✓	✓	•Fr. 5pm
Barbell Pump (60 min.)	live+demand	*	✓	✓	•M. 9:30am/ 7:30pm •T. 5pm •Fri. 5:15pm
Power Pilates (60 min.)	live+demand	*	✓	✓	•Th. 6:20pm
Kettlebell AMPD® (45 min.)	live+demand	*	✓	✓	•M. 5:15pm
Cardio Drumming® (45 min.)	live+demand	*	✓	✓	•T. 5:30pm
Swerk® (60 min.)	live	*	✓	✓	•W.6:15pm
Pound Fitness® (45 min.)	live	*	✓	✓	Th. 5:15pm
BELLY DANCE for performance (60 min.)	live+demand	*	(\$6 Upcharge)	✓	•Sat. 11:30am
AERIAL YOGA (60 min.)	live+demand	*	(\$6 Upcharge)	✓	•W. 7:30pm
BUNGEE BOUNCE (45 min.)	X	*	(\$6 Upcharge)	✓	•W. 5:15pm •W. 6:15pm
KRAV MAGA (60 min.)	X	*	(\$6 Upcharge)	✓	•T./Th. 7:30pm
YOGA TRAPEZE® (60 min.)	X	*	(\$6 Upcharge)	✓	•Th. 7:30pm
<i>Online Classes Membership Included</i>	<i>Yes</i>	<i>Yes</i>	<i>Yes</i>	<i>Yes</i>	
<i>Massage Discount</i>	<i>X</i>	<i>5%</i>	<i>10%</i>	<i>20%</i>	
<i>Clothing/ Product Discount</i>	<i>X</i>	<i>5%</i>	<i>10%</i>	<i>20%</i>	
<i>Special Events Discounts</i>	<i>X</i>	<i>5%</i>	<i>10%</i>	<i>20%</i>	
<i>In-Studio Drop In Rate*</i>	<i>1/2 Off</i>	<i>1/2 Off</i>	<i>1 Guest Pass/ma.</i>	<i>2 Guest Pass/ma.</i>	
<i>Kids 6-12 age discount</i>	<i>1/2 Off</i>	<i>1/2 Off</i>	<i>1/2 Off</i>	<i>1/2 Off</i>	
<i>Shareable % discounts</i>	<i>X</i>	<i>X</i>	<i>Yes</i>	<i>Yes</i>	

*****Try our no strings attached 30 day trial:**

JUST \$29! UNLIMITED ACCESS to all classes plus 20% OFF of massage, clothing, product, special events, and more for 30 days! Call/ Text: (937) 875-7082
(No Membership Required)



NOTES: "•Mem.:" Membership" •Nutritional Coaching & Personal Training available for Bronze/ Silver/ & Gold; all memberships cancellable at anytime; salsacityfitness.com/memberships