

**SALSA CITY STUDIO CLASS SCHEDULE •29 South Norwich Road/ Troy, OH •(937) 875-7082 •www.salsacityfitness.com •info@salsacityfitness.com** **22-Sep**

Avail.	CLASS NAME	SUN	MON	TUE	WED	THU	FRI	SAT
✓✓	Abs in 15						5-5:15pm*/Cathy	
✓✓	<b>AERIAL YOGA</b>				7:15-8:15pm/ Liza			
✓✓	Barbell Pump			5-5:45pm/Brandi			5:15-6pm/Brandi	
✓✓	Barre Intensity®		5:15-6:15pm/Liza	5-5:45am & 6-7am	6-7pm/Liza	5:15-6:15pm/ Liza	5-5:45am & 6-7am	
✓✓	<b>BELLY DANCE</b>							11:30-12:30/Colleen
✓✓	Bellydance Fitness							10:15-11:15am/Colleen
✓	<b>BUNGEE BOUNCE</b>				5:15-6pm & 6:15-7pm/Vivian			
✓✓	Cardio Drumming®			5:35-6:20pm/Mandy				
✓	<b>KRAV MAGA</b>			7:30-8:30pm/Jeff		7:30-8:30pm/Ben		
✓✓	Power Pilates					(6:15/pm Cathy**)		10:15-11:15am/ Cathy
✓✓	Pound Fitness®		5:15-6pm/Brandi					
✓	Spinning/ Cycling			(6pm/ resumes Oct.)				
✓✓	Swerk®	12:30-1:30pm/ Amy			5-6pm/Amy			
✓✓	Veraflow® dancestretch	(5-6pm/ Lynn**)						
✓✓	Yoga, Warm / Power			7:30-8:30pm/ Liza				
✓✓	<b>YOGA TRAPEZE®</b>					7:30-8:30pm/ Cathy		
✓✓	Yoga, Vinyasa Flow							9-10am/ Donna
✓✓	Yoga, Warm/ Gentle		6:30-7:30pm/ Deb					
✓✓	Zumba® Fitness		6:15-7:15pm/Liza	6:30-7:30/Liza		6:15-7:15pm/Liza		9-10am/(Mix***)

Pricing/ Format Levels/

DANCE CARDIO	No Resistance	Zumba®	Swerk®					
CARDIO TONE	Light Resistance	Cardio Drumming®	Pound®					
TONE	Light-Moderate R.*	Barre	Barre Intensity®			Warm Power Yoga	YOGA TRAPEZE®	
STRENGTH	Moderate-Heavy R.*	Barbell Pump			Indoor Spin			
STRETCH/ CENTER:	Light-Heavy R.*	Vinyasa Flow	Warm Gentle Flow		Yoga Trapeze®	AERIAL YOGA		
SELF-DEFENSE	Light-Heavy R.*	Krav Maga®						

**NOTES:** •Premium classes: in caps •\*\*\*Brandi; Devon; Annie •✓:In-Studio •/✓:Live Stream •Ⓞ:On-Demand •\* Light/ Moderate/ Heavy Resistance •\*\*Begins October

**PRICING (Choose which option best suits you! •OPTION #1: Drop in/ per class •OPTION 2: Prepay for (5) classes/ Virtual Punch Cards •OPTION #3:**

**Unlimited Memberships/ auto renews every 30 days; cancelable anytime**

•LIVE-STREAMING + ON DEMAND CLASS RATES- Drop-Ins: \$5; •LIVE-STREAMING + ON DEMAND RATES- Unlimited:\$24

BASIC CLASS: • DROP-INS: \$10 • 5 CLASS PASS: \$35 •UNLIMITED BASIC: \$49; includes Live-Stream; Premium class upcharges; 10% OFF: Spa & Product

PREMIUM CLASS (BOLD): •DROP-INS: \$15 • 5 CLASS PASS: \$70 • UNLIMITED: \$69; On-Demand; Live-Stream; Basic/ Prem. classes.; Nutritional Coaching; 20% OFF: spa/ product

Try our \$29 no strings attached 30 DAY TRIAL: UNLIMITED ACCESS to all classes + 20% OFF of massage, product, special events, & more! Call/ Text: (937) 875-7082









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