

SALSA CITY STUDIO CLASS SCHEDULE ■ 29 South Norwich Road/ Troy, OH ■ (937) 875-7082 ■ www.salsacityfitness.com ■ info@salsacityfitness.com **NOVEMBER '21**

CLASS NAME	MDN	TUE	WED	THU	FRI	SAT
Abs in 15					5-5:15pm*/Cathy	
AERIAL YOGA			7:15-8:15pm/ Liza			
Barbell Pump			5:15-6pm/ Brandi		5:15-6pm/Brandi	
Barre Intensity®	5:15-6:15pm/Liza		6-7pm/Liza	5:15-6:15pm/ Liza		
BELLY DANCE						11:30-12:30pm/Colleen
Cardio Drumming®		5:35-6:20pm/Mandy		6:15-7pm/Mandy		
C.o.r.e. Fit			5-5:45am/Erich		5-5:45am/Erich	
KRAV MAGA		7:30-8:30pm/Jeff		7:30-8:30pm/Ben		
Pound Fitness®	5:15-6pm/Brandi					
Spinning/ Indoor Cycling		6-6:30pm/Keisha				
Sculpt in 15		5:20-5:35pm*/Mandy		6-6:15pm*/Mandy		
Swerk®			5-6pm/Amy		5:20-6:20pm/Amy	
Yoga, Hot/ Power		7:30-8:30pm/ Karen				
YOGA TRAPEZE®			7:15-8:15pm/ Liza		6:15-7:15pm/ Cathy	
Yoga, Vinyasa Flow	6:30-7:30pm/ Karen					
Yoga, Warm/ Gentle						9:15-10:15am/ Donna
Zumba® Fitness	6:15-7:15pm/Liza	6:30-7:30/Liza		6:15-7:15pm/Liza		9-10am/Brandi

CLASS FORMAT GUIDE:

DANCE CARDIO (no resistance):	Zumba®	Swerk®			
CARDIO TONE (light resistance)	Cardio Drumming®***	Pound®			
TONE (moderate-heavy resistance):	Barre	Barre Intensity®	Sculpt in 15***	Hot Power Yoga	YOGA TRAPEZE®
STRENGTH (moderate-heavy equipment)	Barbell Pump	C.O.R.E.	Indoor Spin		
STRETCH/ CENTER:	Vinyasa Flow***	Warm Gentle Flow***	Yoga Trapeze®	AERIAL YOGA	
SELF-DEFENSE	Krav Maga®				

NOTES: ■ *Included with preceding class ■ ***Good for Beginners

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 CLASSES: ■ DROP-INS: \$5 ■ UNLIMITED LIVE-STREAMING: \$24

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

PREMIUM CLASSES (CAPITALIZED): ■ DROP-INS: \$15 ■ 5 CLASS PASS: \$70 ■ UNLIMITED: \$69; all Live-Stream; Basic/ Premium classes; wkly Nutritional Coaching; 20% OFF: massage/ product

Try our no strings attached 30 day trial: JUST \$29! Receive UNLIMITED ACCESS to all classes plus 20% OFF of massage, product, special events, & more for 30 days! Call/ Text: (937) 875-7082





















