Salsa City Studio • 937-875-7082 • SalsaCityStudio.com • Call/Text • 30 Days Unlimited $29 *(June/ July)*

Classes available drop-in, class packs, or memberships • BASIC Classes $13 unless noted PREMIUM $17 • Members save up to 50%
Classes subject to change • Check online schedule for current availability & booking: SalsaCityStudio.com/book-now
Per class cost- BASIC: $13, unless noted as PREMIUM: $17 • 30 Days Unlimited $29 (Memberships: salsacityfitness.com/memberships)

CLASS KEY: EXHALE = Stretch/Restore • ENERGIZE = Cardio/Energy • EMPOWER = Strength/Tone • BOLD = Premium • UNDERLINED = Online • ITALICIZED = Select

Format	*CLASS NAME*	*MON*	*TUE*	*WED*	*THU*	*FRI*	*SAT*
Energize	Zumba Gold (Chair)						*12:00 PM*
Energize	Bellydancing Body Fitness						*10:15 AM*
Energize	**Bellydancing for Performance**						**11:30 AM**
Energize	Salsa Dance Instruction		7:30PM (bi-wk.)				
Energize	Swerk			6:15 PM			
Energize	Zumba Fitness	6:15 PM	*6:15 PM*		6:15 PM		9:00 AM
Energize	**Bungee Bounce**			**5:15PM/ 6:15PM**			
Energize	Kickbox Step					6:15 PM	
Exhale	Ballet (Kids, Ages 5–11/ 6 wks. thru 6/20)						10:45 AM
Exhale	Ballet (Teens & Adults, Ages 12+/ 6 wks. thru 6/20)						10:00 AM
Exhale	Gentle Flow Yoga					*9:30 AM*	
Exhale	Heated Power Yoga	6:30 PM					
Exhale	Vinyasa Flow Yoga						9:00 AM
Exhale	**Yoga Trapeze**				**7:30 PM**		
Exhale	**Aerial Yoga**		**6:30 PM**				
Empower	Abs in 15					5:00 PM	
Empower	Power Pilates				6:20 PM		
Empower	Pilates Barre Fusion		4:30 PM				
Empower	Barre Intensity	6AM/ 5:15PM		6AM/ 5:15PM	5:15 PM	*6:00 AM*	
Empower	Kettlebell AMPD	5:15 PM					
Empower	Indoor Cycling			*6:15 PM*			8:15 AM
Empower	HIIT Cycle	5:30 AM	6:00 PM	5:30 AM	4:45 PM	5:30 AM	
Empower	Cardio Drumming		5:30 PM		5:15 PM		
Empower	Barbell Pump	9:30AM/*7:30PM*	5:15 PM			5:15 PM	