MORE ON MEMBERSHIP SUBSCRIPTIONS:		Online Mem.	Select Mem.	Basic Mem.	Premium Mem.
Per Class Cost/ OR Every 30 days rate	**Format**	$5/ ea. OR $24/ mo.	Half Off/ $35/ mo	$13/ea. OR $50/ mo.	$17/ea. OR $71/ mo.
Spinning/ Indoor Cycling (30 min.)	Empower			✔	✔
Spinning/ Rhythm Ride & Weights (30 min.)	Empower			✔	✔
Beginner Salsa Dance: lesson + dance (60 min.)	Energize		✔	✔	✔
Advanced Salsa Dance: lesson + dance (60 min.)	Energize		✔	✔	✔
Zumba Gold/ Chair (30 min.)	Energize		✔	✔	✔
Bellydance Body Fitness® (60 min.)	Energize	✔ live (+demand)	✔	✔	✔
Zumba Fitness® (60 min.)	Energize	✔ live (+demand)	✔ (Th., 6:15pm/ S. 9am)	✔	✔
Abs in 15 (15 min.)	Empower	✔ live (+demand)	✔ (Fr. 5pm)	✔	✔
Barbell Pump (60 min.)	Empower	✔ live (+demand)	✔ (7:30pm)	✔	✔
Barre Intensity® (60 min.)	Empower	✔ live (+demand)	✔ (Wed., 5:15pm/ Th., 6am)	✔	✔
Yoga, Vinyas Flow/ Mixed Levels (60 min.)	Exhale	✔ live (+demand)	✔ (Wed., 9:30am)	✔	✔
Power Yoga (60 min.)	Exhale	✔ live (+demand)		✔	✔
Power Pilates (60 min.)	Empower	✔ live (+demand)		✔	✔
Kettlebell AMPD® (45 min.)	Empower	✔ live (+demand)		✔	✔
Cardio Drumming® (45 min.)	Energize	✔ live (+demand)		✔	✔
Yoga, Yin/ Mixed Levels (60 min.)	Exhale	✔ live (+demand)		✔	✔
Swerk® (60 min.)	Energize	✔live		✔	✔
Gentle Vinyasa Flow Yoga	Exhale	✔ live (+demand)			
Pound Fitness® (45 min.)	Empower	✔ live		✔	✔
BELLY DANCE for performance (60 min.)	Energize	✔*live (+demand)*			✔
AERIAL YOGA (60 min.)	Exhale	✔*live (+demand)*			✔
BUNGEE BOUNCE (45 min.)	Energize				✔
YOGA TRAPEZE® (60 min.)	Exhale				✔
Online Classes Membership Included				**Yes**	**Yes**
Massage Discount		X	X	10%	20%
Clothing/ Product Discount		X	5%	10%	20%
Special Events Discounts		X	5%	10%	20%
Guest Passes/ 30 days (no rollovers)		X	X	1 Guest Pass	2 Guest Passes
In-Studio Drop In Rate*		1/2 Off	1/2 Off	1/2 Off	1/2 Off
Shareable % discounts		X	X	Yes	Yes

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

ENERGIZE: Cardio Emphasis; may have some dance/ toning | EXHALE: Stretch Emphasis; may have some strength/ breath work | EMPOWER: Strength

JULY/ AUGUST SCHEDULE

Day/ Time
▪T. 6-6:30pm ▪Th. 4:45PM
▪Sat. 8:15am
Every Other Tuesday, 8:15pm
Every Other Tuesday, 7:30pm
▪Sat. 11am
▪Sat. 10:15am
▪M./T./ & Every Other Th. 6:15pm ▪Sat. 9am
▪Fr. 5pm
▪M. 9:30am/ 7:30pm ▪T. 5pm ▪Fri. 5:15pm
▪M./W./Th.: 5:15pm ▪ W./Th./ Fr. 6am
▪Wed. 9:30am ▪Sat. 9am
▪Fr. 5pm
▪Th. 6:20pm
▪M. 5:15pm
▪T./ F. 5:30pm
▪M. 6:15pm
▪W.6:15pm
▪T. 6:45pm ▪Fri. 9:15am
Th. 5:15pm
▪Sat. 11:30am
▪W. 7:15pm
▪W. 5:15pm
▪Th. 7:30pm

******Try our no strings attached 30 day trial: JUST $29!*** UNLIMITED ACCESS to all classes plus 20% OFF of massage, clothing, events, and more for 30 days! Call/ Text: (937) 875-7082 *(No Membership Required)*

salsacityfitness.com/memberships

Emphasis; may have some stretch