

MORE ON MEMBERSHIP SUBSCRIPTIONS:	<i>Live-Stream*</i>	Basic	PREMIUM	April/ May '24 Schedule
Per Class Cost/ OR Every 30 days Cost	\$5/ ea. OR \$24/ mo.	\$12/ea. OR \$49/ mo.	\$15/ea. OR \$69/ mo.	Day/ Time
<i>Abs in 15 (15 min.)</i>	✓	✓	✓	▪Fr. 5pm
<i>Bellydance Body Fitness® (60 min.)</i>	✓	✓	✓	▪Sat. 10:15am
<i>Barbell Pump (60 min.)</i>	✓	✓	✓	▪M. 9:30am ▪T. 5pm ▪Fri. 5:15pm
<i>Barre Intensity® (60 min.)</i>	✓	✓	✓	▪M./ .W/Th. 5:15pm; T./F. 9:30am; W. 6am
<i>Pound Fitness® (45 min.)</i>	✓	✓	✓	Th. 5:15pm
<i>Yoga. Vinyas Flow/ Mixed Levels (45*-60 min.)</i>	✓	✓	✓	▪M. 6:15pm ▪T./F. 10:45am ▪T. 7:15pm* ▪Sat. 9am
<i>Zumba® Fitness (60 min.)</i>	✓	✓	✓	▪M./T./Th. 6:15pm ▪Sat. 9am
<i>Power Pilates (60 min.)</i>	✓	✓	✓	▪Th. 6:20pm
<i>Kettlebell AMPD® (45 min.)</i>	✓	✓	✓	▪M. 5:15pm
<i>Beginner Yoga (45 min.)</i>		✓	✓	▪Sat. 10:15am*
<i>Cardio Drumming® (45 min.)</i>		✓	✓	▪T. 5:30pm
<i>Swerk® (60 min.)</i>		✓	✓	▪W. 6:15pm
<i>Spinning/ Indoor Cycling (30 min.)</i>		✓	✓	▪T. 6-6:30pm
<i>Spinning/ Rhythm Ride & Weights (30 min.)</i>		✓	✓	▪Sat. 8:15-8:45am ▪Thurs. 5:30pm
BELLY DANCE for performance (60 min.)	✓	(\$6 Upcharge)	✓	▪Sat. 11:30am
AERIAL YOGA (60 min.)	✓	(\$6 Upcharge)	✓	▪W. 7:15pm
BUNGEE BOUNCE (45 min.)		(\$6 Upcharge)	✓	▪W. 5:15pm ▪W. 6:15pm
KRAV MAGA (60 min.)		(\$6 Upcharge)	✓	▪T./Th. 7:30pm
YOGA TRAPEZE® (60 min.)		(\$6 Upcharge)	✓	▪Th. 7:30pm
<i>Massage Discount</i>		10%	20%	***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 Req. to attend)
<i>Clothing/ Product Discount</i>		10%	20%	
<i>Special Events Discounts</i>		10%	20%	
<i>In-Studio Drop In Rate</i>	1/2 Off	1 Guest Pass/ mo.	2 Guest Pass/ mo.	
<i>Kids 6-12 age discount</i>		50%	60%	
<i>Shareable % discounts</i>		10%	20%	
NOTES: *45 min. Class; Nutritional Coaching & Personal Training available for Bronze/ Silver/ & Gold Memberships, see website for more				




















