



# altitude

## AERIAL ARTS & FITNESS

### Membership Specials

College Student Discount  
Forever Young Discount  
Veterans/Active Military  
Teacher Discount  
10% off

"All the Things"  
Membership

\$130/Month

Unlimited  
Classes

"Pole for Your  
Soul"

Membership

\$99/Month

Unlimited Pole  
Classes

"Aerialist  
Angel"

Membership

\$99/Month

Unlimited Aerial  
Classes

"The Altitude  
Special"

Membership

\$65/Month

6 Classes per  
Month

"Kids Circus"  
Membership

\$45/Month

Up to 4 Classes  
per Month

### Save the Date

Our next pole and aerial  
showcase will be the weekend  
of February 7th

Theme, times, all the rest of the  
details will be out SOON!

### Schedule Updates

Keep an eye out for  
our winter schedule!  
Coming in November!

### Punch Cards

10 Any Class Pass :: \$120 (Reg  
\$150)

Kids 6 Class Punch :: \$60 (Reg  
\$120)

3 Month Expiration

### Breast Cancer Awareness

Check out our studio for an amazing  
58% off our 30 days of unlimited classes  
package! That means it's only \$60!

Note :: New Clients Only

# Class Schedule

Schedule can be updated at any time. Use App or [www.altitudefitnesshv.com](http://www.altitudefitnesshv.com) for up to date schedules.

Time	Class name
<b>Sunday</b>	
10:30 am	Pole Fitness :: Level 1
12:00 pm	Pole+Silks :: A unique pole & fabric experienc
1:30 pm	Pole Social Hour :: All levels
<b>Monday</b>	
5:30 pm	Pole Fitness :: Level 1/2
5:30 pm	KIDS Aerial :: Ages 7-13
6:30 pm	CARDIO :: Sassy Salsa Dancing!
6:30 pm	Pole Fitness :: Tricks & Splits :: Level 2/3
7:00 pm	Aerial Silks :: Level 1/2
7:30 pm	Pole Dance :: Pole for Your Soul at Altitude
8:00 pm	Aerial Hoop :: Level 1/2
<b>Tuesday</b>	
10:00 am	Aerial Hammock :: Level 1/2
11:15 am	Aerial Yoga :: Level 1/2
6:30 pm	CONDITIONING :: Vertically Challenged :: All Level
7:45 pm	Pole Fitness :: Breakin' Thru to Level 2 :: Level
<b>Wednesday</b>	
10:30 am	Aerial Hammock w/ Yoga Twist:: Mixed Level
5:30 pm	FLEX :: Strength in Flexibility :: All Levels
6:30 pm	Aerial Silks :: Level 2.5+ (Advanced Beginner and up)
7:00 pm	Rock-n-Chair + Pole
<b>Thursday</b>	
8:30 am	Aerial Yoga :: Level 1/2
6:00 pm	Aerial Hammock :: Level 1/2
6:30 pm	CARDIO :: Burlesque
6:30 pm	Pole Fitness :: Level 1
7:00 pm	Aerial Silks :: Level 1/2
8:00 pm	Aerial Hoop :: Level 1/2
<b>Friday</b>	
6:00 pm	Aerial Social Hour :: All levels
<b>Saturday</b>	
9:00 am	Aerial Yoga :: Level 1 :: Great for NEW People!
9:00 am	CARDIO :: Zumba
10:15 am	Aerial Hammock w/ Yoga Twist:: Mixed Level
11:30 am	Pole Dance :: Level 1/2