

Welcome to The Fitness Studio of DeWitt! Follow these steps to kickstart your journey!

- **Complete a Liability Form**
  - Prior to participating in any classes, a **completed liability form, including emergency contact info, must be provided.** Submit your completed form to a TFS team member or directly to Lindsay via email ([lindsaympost@gmail.com](mailto:lindsaympost@gmail.com)) or text (517-242-0872).
- **Sample Classes**
  - Potential new members can **try a full week of unlimited classes for just \$10!** Please plan on bringing *\$10 in exact cash or check made out to Lindsay Post.* You can also submit payment via Venmo to @LindsayMPost.
- **Become a TFS Member**
  - **Select your preferred membership package.** The monthly unlimited offer is the best deal by far!
  - Submit your completed EFT form to a TFS team member or submit directly to Lindsay via email ([lindsaympost@gmail.com](mailto:lindsaympost@gmail.com)) or text (517-242-0872).
  - **You will be notified** once you've been added to our system, at which point you can access the Jazzercise app as noted below. If there is a delay in processing your paperwork for any reason, please feel free to continue attending classes as you did during your trial week until we get you processed!
- **Plan Your Classes**
  - **BOOKING JAZZERCISE CLASSES**
    - **Jazzercise classes include:** Cardio Sculpt, Cardio Sculpt Lo, Power Sculpt, Cardio + Stretch, Sculpt, etc.
    - **Download the Jazzercise App** (pink icon) for Apple or Android.
      - Select Jazzercise Lansing Conquest Fitness
      - Register using the email noted on your EFT form. *Using another email will prompt the system to charge you, and we don't want that!*
        - Input email and desired password / first and last name / phone and birthday / consent / waiver - accept and sign with digital signature + finish)
      - Open the app. Click "Timetable" on the bottom. Select the date you wish to attend class at the top. Select desired class and book.
  - **BOOKING NON-JAZZERCISE CLASSES**
    - **Non-Jazzercise classes include:** Total Body Workout (TBW), Blast, Barre, Flex, Yoga, Spin, etc.
    - All non-Jazzercise classes use **paper sign-in** sheets at class. *There's no need to pre-book for these classes.*
- **ENJOY!** This is the start of something amazing!
  - Follow these tips to help hold yourself accountable to your wellness goals:
    - Request to **join the studio's private social media group** (The Fitness Studio Community) to share wins, ask questions, and get support. This is also where we post any class changes or cancellations. You can also follow our public Facebook page for more motivation!
    - **Join the FIT150 Club** - Ask a TFS team member for a FIT150 tracker sheet. Each time you attend class, check a box. We'll celebrate your milestones with you along the way. When you hit 150 classes, you'll earn a FIT150 giveaway, sign the FIT150 banner, and have your photo taken and shared (if desired) on social media!
    - **Start an At-Home Fitness Tracker** - A sample tracker is available at class. Just ask a TFS team member for one and stay on top of your goals at home!

# THE FITNESS STUDIO

## PRICING OPTIONS

### MEMBERSHIPS + PASSES

\$64/month (month-to-month unlimited classes)  
\$110/10 class pass (2-month expiration)  
\$15 walk-in (please bring exact change)

### PARTNER GROUPS

*DeWitt Public Schools, etc.*

\$54/month (month-to-month unlimited classes)  
\$80/10 class pass (2-month expiration)  
\$10 walk-in (please bring exact change)

*See you in class!*