



Shine Fitness Studio

• MEMBERSHIP AND PRICING •

Drop Ins

Single	\$20
5 Passes	\$90
10 Passes	\$160

All Access

All the perks of membership plus full access to all of your class passes from the get-go to use over 3 months.

Glow 12	\$174
Shimmer 24	\$276
Radiate 36+3	\$378
Sparkle 48+6	\$432
Shine 72+6	\$630

Celebrations

Celebrations include private studio time, a dedicated instructor, choreography to let your guests shine, pictures to show off your shimmer, and an unforgettable celebration.

Glow (up to 5)	\$185
Shimmer (up to 11)	\$335
Shine (up to 15)	\$425

Commitments

Become a Shine Fitness Studio member and enjoy all the perks! Shiners enjoy 10% off private lessons, workshops, private parties, and Shine apparel, PLUS special drop-in pricing.

GLOW 4 CLASSES/MONTH **\$60**

Spice up your normal fitness routine and glow with us once a week.

SHIMMER 8 CLASSES/MONTH **\$100**

Double the glow results in a Shimmer! Join us twice a week for double the results.

RADIATE 12 CLASSES/MONTH **\$132**

Three classes a week and you'll start to radiate! You will also receive 1 flexibility/conditioning class every month for free.

SPARKLE 16 CLASSES/MONTH **\$160**

Four classes a week gives you that Sparkle! You will also receive 2 flexibility/conditioning class every month for free!

SHINE 24 CLASSES/MONTH **\$216**

You're dedicated and determined to shine your brightest. With six classes a week, transform your body and mind at an accelerated pace. You will also receive 2 flexibility/conditioning class every month for free!

Questions? Give us a call at 817.756.1313 or email contact@shinefitnessstudio.com.



shine

FITNESS STUDIO

• OUR CLASSES •



Beginner Pole Fitness

This class is for you if you're new to pole fitness or just getting started! Learn beginner level pole, dance, and floor moves that work your entire body. Beginner Pole focuses on movement to increase your strength, flexibility, and confidence.

Intermediate Pole Fitness

Step up your aerial skills with Intermediate Pole. Learn intermediate spins, climbs, and inversions. Be prepared to flip your work out upside down!

Advanced Pole Fitness

Learn how to be a pole trickster through climbs, inversions, and advanced tricks. This is not your average workout -- you'll spend most of your time aerial. Did we mention, pole is a killer core workout?!

Hot in Heels

"Click, clack".. the sound of heels hitting the floor. Come join this high energy class where you'll learn to move smoothly and sexy - on and off the pole. Hot in Heels tones and tightens with a full body experience. Heels are recommended but not required.

Aerial Hoop

The Aerial Hoop, also known as Lyra, is a classic aerial apparatus that allows you to demonstrate a mix of beautiful, graceful movements combined with strength-based maneuvers. In this class you will learn Aerial Hoop basics such as mounting the hoop, posing, spinning and transitions.

Bend :: Flexibility Training

Enhance your fitness experience with guided flexibility training. A regular flexibility regiment can increase your mobility, strength, and reduce tightness within your body. Proper flexibility training can reduce aerial injuries and keep you moving on the pole for as long as possible.

Questions? Give us a call at 817.756.1313 or email contact@shinefitnessstudio.com.

