



IT'S NOT YOUR MAMMA'S JAZZERCIZE!

FYD (55 minutes)

Our signature cardio dance class. Start with a dynamic warm-up followed by 12 eight counts of choreography that will challenge your mind, body, and spirit while you sweat it out on the dance floor. Some dance experience recommended.

ElectriFYD (45 minutes)

A fun, high-intensity workout that alternates cardio dance with light weights. The perfect balance that will leave you with a killer dance body! No dance experience necessary.

501 W. NORTH AVE ↗ CHICAGO, IL 60610 ↗ 773.572.8701
FYDFITNESS.COM



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Schedule

MON	9:15AM ✂ FYD
	6:15PM ✂ FYD
	7:15PM ✂ FYD
	8:30PM ✂ Hip Hop
TUE	9:30AM ✂ FYD
	6:15PM ✂ FYD
	7:15PM ✂ ElectriFYD
WED	7:00AM ✂ ElectriFYD
	9:15AM ✂ FYD
	9:15AM ✂ ElectriFYD
	6:15PM ✂ FYD
THU	9:30AM ✂ FYD
	6:30PM ✂ FYD
	7:30PM ✂ ElectriFYD
FRI	7:00AM ✂ FYD
	9:15AM ✂ FYD
	9:15AM ✂ ElectriFYD
	6:00PM ✂ FYD
SAT	9:15AM ✂ ElectriFYD
	10:10AM ✂ FYD
	11:10AM ✂ FYD
SUN	10:00AM ✂ FYD
	11:00AM ✂ ElectriFYD
	4:00 PM ✂ FYD



See you on the dance Floor!

✂ Download the **FYD app** or go to **FYDFITNESS.COM** for most up-to-date schedule ✂

PRICES

- 1 drop in - \$22
- 5 class card - \$100
- 10 class card - \$190
- 1 month unlimited - \$175

NEW CLIENTS!

2 CLASSES FOR THE PRICE OF 1

Schedule

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