

May 2017

320 London Rd. # 105
 Delaware OH. 43015
 740.531.9776
www.getfitphysically.com
NO contracts! Nightclub atmosphere!!



June '17						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am POUND 5pm PUMP n POUND 5:45pm ZUMBA GOLD NO Spin + Bootcamp!	2 5:30pm YOGA 6:45pm POUND 7:45pm SPINNING	3 9am BODY HARMONY 5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT	4 5pm BARREbell 5:30pm SPINNING 6:45pm POUND	5 5:15pm BARREbell 6pm POUND	6 8am ZUMBA 4 EVERYONE 9:30am SPINNING 10:45am ReFit
7 4pm RECOVERY RIDE	8 9am POUND 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp	9 5:30pm YOGA 6:45pm POUND 7:45pm SPINNING	10 9am BODY HARMONY 5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT	11 5pm BARREbell 5:30pm SPINNING 6:45pm POUND	12 5:15pm BARREbell 6pm POUND	13 8am ZUMBA 4 EVERYONE 9:30am SPINNING 10:45am ReFit
14 Mother's Day 5pm BARREbell	15 9am POUND 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp	16 5:30pm YOGA 6:45pm POUND 7:45pm SPINNING	17 9am BODY HARMONY 5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT	18 5pm BARREbell 5:30pm SPINNING 6:45pm POUND	19 5:15pm BARREbell 6pm POUND	20 8am ZUMBA 4 EVERYONE 9:30am SPINNING 10:45am ReFit
21 4pm RECOVERY RIDE	22 9am POUND 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp	23 5:30pm YOGA 6:45pm POUND 7:45pm SPINNING	24 9am BODY HARMONY 5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT	25 5pm BARREbell 5:30pm SPINNING 6:45pm POUND	26 5:15pm BARREbell 6pm POUND	27 Ramadan begins 8am ZUMBA 4 EVERYONE 9:30am SPINNING 10:45am ReFit
28 5pm BARREbell	29 Memorial Day 9am POUND 10am ReFit & Zumba MASHUP! NO EVENING CLASS!	30 5:30pm YOGA 6:45pm POUND 7:45pm SPINNING	31 9am BODY HARMONY 5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT	Miss a class? Can't make it in? Have no fear! Live Classes AND On Demand classes are NOW HERE! Go to our website www.getfitphysically.com to access our On Demand classes!! Click this link 10 minutes before for LIVE classes:		

GROUP EXERCISE CLASSES:
 \$7/1 Class \$28/5 \$45/10 Classes \$60/Unlimited 30 Days
 \$150 for Unlimited EVERYTHING (includes SPIN)
SPINNING CLASSES:
 \$11/1 Class \$45/5 \$90/10 \$100 Unlimited Spin
PERSONAL TRAINING:
 \$25/30 Min. \$40/60 Min \$50/Buddy

WE ALSO OFFER:
 *Wellness Coach, Meal Planning, Private Grocery Shop with Plant Based Nutritionist: \$35/60 Minutes
 *Massage: \$60/60 Minutes
 *Myofascial Release: \$30/30 Minutes \$50/60 Minutes
PRIVATE PARTIES & CORPORATE WELLNESS!!
 Contact info@getfitphysically.com for more details

7 week Small Personal Training
 Groups available year round!
 Email us for more details!
info@getfitphysically.com