

September 2017

320 London Rd Suite # 105
www.getfitphysically.com
 740.531.9776
NO contracts!!
Nightclub atmosphere!!



October '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	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**Take advantage of our LIVE streamed classes AND recorded ON DEMAND classes!! Follow this link: https://iframe.dacast.com/b/87590/c/434735 **H4 stands for HIIT, Hypertrophy, and Holistic Health. This class was designed for people who live stream into our classes from work or home AND for our studio clients!! a 45 minute class that includes 30 minutes of High Interval Training + Muscle Building Hypertrophy Strength Training and ENDS WITH 15 minutes of Holistic Health discussion that covers Holistic Health topics **POP UP YOGA: Friday 9/22 @ 7p **NO evening classes on Labor Day, AND take advantage of our morning classes to jumpstart your Labor Day metabolism!! **BODY HARMONY returns Friday's starting September 1st, 9am, every Friday w/Emily!!					1 9a BODY HARMONY 5:15p BARREbell 6p POUND	2 8am ZUMBA 4 Everyone 9:30am SPIN + YOGA 10:45am REFIT
3	4 Labor Day 9a POUND 10a REFIT NO EVENING CLASSES!	5 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	6 5p PUMP n' POUND 5:45p ZUMBA 7p PILATES n' PT	7 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	8 9a BODY HARMONY 5:15p BARREbell 6p POUND	9 8am ZUMBA 4 Everyone 9:30am SPIN + YOGA 10:45am REFIT
10 Grandparents Day 5p BARREbell 5:45p BOOTCAMP	11 Patriot Day 5:45a REFIT 9a POUND 5p PUMP n' POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP	12 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	13 5p PUMP n' POUND 5:45p ZUMBA 7p PILATES n' PT	14 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	15 9a BODY HARMONY 5:15p BARREbell 6p POUND	16 8am ZUMBA 4 Everyone 9:30am SPIN + YOGA 10:45am REFIT
17	18 5:45a REFIT 9a POUND 5p PUMP n' POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP	19 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	20 *NEW CLASS* 10:30a H4 5p PUMP n' POUND 5:45p ZUMBA 7p PILATES n' PT	21 Rosh Hashanah 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	22 Autumnal equinox 9a BODY HARMONY 5:15p BARREbell 6p POUND 7p YOGA	23 8am ZUMBA 4 Everyone 9:30am SPIN + YOGA 10:45am REFIT
24 5p BARREbell 5:45p BOOTCAMP	25 5:45a REFIT 9a POUND 5p PUMP n' POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP	26 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	27 10:30a H4 5p PUMP n' POUND 5:45p ZUMBA 7p PILATES n' PT	28 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	29 9a BODY HARMONY 5:15p BARREbell 6p POUND	30 Yom Kippur 8am ZUMBA 4 Everyone 9:30am SPIN + YOGA 10:45am REFIT

GROUP EXERCISE CLASSES:

\$7/1 Class \$28/5 \$45/10 Classes \$60/Unlimited 30 Days (doesn't include SPIN)
 \$150 for Unlimited EVERYTHING (includes SPIN)

SPINNING CLASSES:

\$11/1 Class \$45/5 \$90/10 \$100 Unlimited Spin

PERSONAL TRAINING:

\$25/30 Min. \$32.50/45 Min. \$50/60 Min \$50/2 on 1 Buddy Training

**\$57.50/90 Minute PT & Wellness Combo

**\$70/90 Minute Buddy PT & Wellness Combo

what we offer

WE ALSO OFFER:

~Wellness Coach/Meal Planning/Private Grocery Shop with Plant Based Nutritionist:: \$35/ 60 Minutes
 **\$50/ Buddy Wellness visit
 ~Massage: \$60/ 60 Minutes

~Myofascial Release: \$30/ 30 Minutes \$50/ 60 Minutes

PRIVATE PARTIES & CORPORATE WELLNESS!!

Contact info@getfitphysically.com for more details