

August 2017

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



September '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
<p>**Take advantage of our LIVE streamed classes AND recorded ON DEMAND classes!! Follow this link: https://iframe.dacast.com/b/87590/c/434735 **9am BOOTCAMP summer session ends on August 10th...don't miss out! **POP UP YOGA: Friday 8/25 @ 7pm</p>		<p>1 9am BOOTCAMP 5:30p YOGA 6:45p POUND 7:45p SPIN + Yoga</p>	<p>2 5p PUMP n POUND 5:45p ZUMBA 7p PILATES n PT</p>	<p>3 9am BOOTCAMP 5p BARREbell 5:30p SPIN + Yoga 6:45p POUND</p>	<p>4 5:15p BARREbell 6p POUND</p>	<p>5 8a ZUMBA 4 Everyone! NO 9:30am SPIN+ Yoga! 10:45a REFIT</p>
<p>6</p>	<p>7 5:45am REFIT 9a POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + Bootcamp</p>	<p>8 9am BOOTCAMP 5:30p YOGA 6:45p POUND 7:45p SPIN + Yoga</p>	<p>9 5p PUMP n POUND 5:45p ZUMBA 7p PILATES n PT</p>	<p>10 9am BOOTCAMP 5p BARREbell 5:30p SPIN + Yoga 6:45p POUND</p>	<p>11 5:15p BARREbell 6p POUND</p>	<p>12 8a ZUMBA 4 Everyone! 9:30a SPIN + Yoga 10:45a REFIT</p>
<p>13 5p BARREbell</p>	<p>14 5:45am REFIT 9a POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + Bootcamp</p>	<p>15 5:30p YOGA 6:45p POUND 7:45p SPIN + Yoga</p>	<p>16 5p PUMP n POUND 5:45p ZUMBA 7p PILATES n PT</p>	<p>17 5p BARREbell 5:30p SPIN + Yoga 6:45p POUND</p>	<p>18 NO BARREbell 6p POUND</p>	<p>19 Aviation Day 8a ZUMBA 4 Everyone! 9:30a SPIN + Yoga 10:45a REFIT</p>
<p>20</p>	<p>21 5:45am REFIT NO POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + Bootcamp</p>	<p>7 Week Small Group Training STARTS! 6 groups to choose from! Check Website!</p>			<p>25 5:15p BARREbell 6p POUND **7p YOGA</p>	<p>26 8a ZUMBA 4 Everyone! 9:30a SPIN + Yoga NO REFIT</p>
<p>27 5p BARREbell</p>	<p>28 5:45am REFIT NO 9a POUND! 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + Bootcamp</p>	<p>29 5:30p YOGA 6:45p POUND 7:45p SPIN + Yoga</p>	<p>30 5p PUMP n POUND 5:45p ZUMBA 7p PILATES n PT</p>	<p>31 5p BARREbell 5:30p SPIN + Yoga 6:45p POUND</p>	<p>6 new PERSONAL TRAINING GROUPS TO PICK FROM!! 90 minute sessions combining wellness coaching, meal planning, and circuit style strength training!! Starting August 21st! www.getfitphysically.com and click 'events' to sign up!</p>	
<p>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. \$32.50/45 Min. \$40/60 Min \$50/2 on 1 Buddy Training **\$57.50/90 Minute PT & Wellness Combo **\$70/90 Minute Buddy PT & Wellness Combo</p>			<p>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</p>			