



# December 2017



320 London Rd. #105  
 Delaware OH 43015  
[www.getfitphysically.com](http://www.getfitphysically.com)  
 #nocontracts  
 #nighthclubatmosphere

January '18						
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
<p><b>**7 week Small Personal Training groups start back week of February 5th!!</b> 5 groups to choose from!! ALL levels included! Pick from intermediate, advanced, and beginner groups!!! Check out our website <a href="http://www.getfitphysically.com">www.getfitphysically.com</a> and click 'events' tab!  <b>**Ask to join F4 on facebook, F4 is GET FIT'S sister company!!</b> You'll find recipes, fitness challenges, scripture, and encouragement!  <b>**BRAND NEW CLASS coming to GET FIT end of JANUARY, stay tuned!!!!</b></p>					<p><b>1</b> 9a BODY HARMONY  6p POUND</p>	<p><b>2</b> 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT</p>
<b>3</b>	<p><b>4</b> 5p PUMP n POUND 5:45p ZUMBA 7p SPIN + BOOTCAMP</p>	<p><b>5</b> 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA</p>	<p><b>6</b> 5p PUMP n POUND 5:45p ZUMBA 7p PILATES n PT</p>	<p><b>7</b> 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND</p>	<p><b>8</b> 9a BODY HARMONY  6p POUND</p>	<p><b>9</b> 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT</p>
<b>10</b>	<p><b>11</b> 5p PUMP n POUND 5:45p ZUMBA 7p SPIN + BOOTCAMP</p>	<p><b>12</b> 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA</p>	<p><b>13</b> Chanukah 5p PUMP n POUND 5:45p ZUMBA 7p BOOTCAMP</p>	<p><b>14</b> 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND</p>	<p><b>15</b> 9a BODY HARMONY  6p POUND</p>	<p><b>16</b> 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT</p>
<b>17</b>	<p><b>18</b> 5p PUMP n POUND 5:45p ZUMBA 7p SPIN + BOOTCAMP</p>	<p><b>19</b> 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA</p>	<p><b>20</b> 5p PUMP n POUND 5:45p ZUMBA 7p CORE HIIT</p>	<p><b>21</b> Dec. Solstice 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND</p>	<p><b>22</b> <b>NO BODY HARMONY</b>  6p POUND</p>	<p><b>23</b> 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT</p>
<p><b>24</b> Christmas Eve </p>	<p><b>25</b> Christmas Day <b>STUDIO CLOSED!</b> <b>MERRY CHRISTMAS!</b></p>	<p><b>26</b> Kwanzaa begins 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA</p>	<p><b>27</b> 5p PUMP n POUND 5:45p ZUMBA 7p PILATES n PT</p>	<p><b>28</b> 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND</p>	<p><b>29</b> 9a BODY HARMONY  6p POUND</p>	<p><b>30</b> 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT</p>
<p><b>31</b> New Year's Eve</p>	<p><b>GROUP EXERCISE CLASSES:</b>                  \$7/1 Class \$28/5 \$45/10 Classes \$60/Unlimited 30 Days (doesn't include SPIN)                  \$150 for Unlimited EVERYTHING (includes SPIN)  <b>SPINNING CLASSES:</b>                  \$11/1 Class \$45/5 \$90/10 \$100 Unlimited Spin  <b>PERSONAL TRAINING:</b>                  \$25/30 Min. \$32.50/45 Min. \$50/60 Min \$50/2 on 1 Buddy Training                  **\$57.50/90 Minute PT &amp; Wellness Combo                  **\$70/90 Minute Buddy PT &amp; Wellness Combo</p>			<p>~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 &amp; CORPORATE WELLNESS!!                  Contact <a href="mailto:info@getfitphysically.com">info@getfitphysically.com</a> for more details</p>	<p><b>WE ALSO OFFER:</b></p>	<p></p>