

February 2018

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



March '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
Small Group Trainings start THIS month!! Week of 2/5: 5 groups to choose from: Monday's 7pm, Wednesday's 7pm, Thursday's 7:45pm, and 2 groups on Saturday's 9am Visit our website www.getfitphysically.com and click 'book a class now' then click				1 5pm BARREbell 6pm PUMP n' JUMP 7pm POWER POUND	2 Groundhog Day 9am BODY HARMONY 4:30p POWER PUMP JUMP 5:15pm BARREbell 6pm POUND	3 7am PUMP n' JUMP 8:15a POWER ZUMBA & TONE! 9:30a SPIN + YOGA 10:45am REFIT
4 5pm BARREbell 5:45pm BOOTCAMP	5 5pm PUMP n' POUND 5:45p ZUMBA GOLD 7pm SPIN + BOOTCAMP	6 4:30pm PUMP n' JUMP 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA	7 5pm PUMP n' POUND 5:45pm ZUMBA 7pm PILATES n' PT	8 5pm BARREbell 6pm PUMP n' JUMP 7pm POWER POUND	9 9am BODY HARMONY 4:30p POWER PUMP JUMP 5:15pm BARREbell 6pm POUND	10 7am PUMP n' JUMP 8:15a POWER ZUMBA & TONE! 9:30a SPIN + YOGA 10:45am REFIT
11 8am POWER ZUMBA	12 Lincoln's B-Day 5pm PUMP n' POUND 5:45p ZUMBA GOLD 7pm SPIN + BOOTCAMP	13 Mardi Gras 4:30pm PUMP n' JUMP 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA	14 Valentine's Day Ash Wednesday 5pm PUMP n' POUND 5:45pm ZUMBA 7pm BOOTCAMP	15 5pm BARREbell 6pm PUMP n' JUMP 7pm POWER POUND	16 Chinese New Year 9am BODY HARMONY 4:30p POWER PUMP JUMP 5:15pm BARREbell 6pm POUND	17 7am PUMP n' JUMP 8:15a POWER ZUMBA & TONE! 9:30a SPIN + YOGA NO REFIT!
18 5pm BARREbell 5:45pm BOOTCAMP	19 Presidents' Day 5pm PUMP n' POUND 5:45p ZUMBA GOLD 7pm SPIN + BOOTCAMP	20 4:30pm PUMP n' JUMP 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA	21 5pm PUMP n' POUND 5:45pm ZUMBA 7pm CORE HIIT	22 5pm BARREbell 6pm PUMP n' JUMP 7pm POWER POUND	23 9am BODY HARMONY 4:30p POWER PUMP JUMP 5:15pm BARREbell 6pm POUND	24 7am PUMP n' JUMP 8:15a POWER ZUMBA & TONE! 9:30a SPIN + YOGA 10:45am REFIT
25 8am POWER ZUMBA	26 5pm PUMP n' POUND 5:45p ZUMBA GOLD 7pm SPIN + BOOTCAMP	27 4:30pm PUMP n' JUMP 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA	28 5pm PUMP n' POUND 5:45pm ZUMBA 7pm PILATES n' PT	" PUMP n' JUMP " is here !!! * Trampoline fitness meets Weight training * This class was is Get Fits' OWN BRAND!!! This class will change your body on a physiological level!!! * This class is scientifically proven and effective * For your safety: weight limit of 225 lbs BUT don't forget this class can be done at on the floor and is STILL just as effective!		

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



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