

January 2018

320 London Rd Suite # 105
www.getfitphysically.com
 740.531.9776
NO contracts!!
Nightclub atmosphere!!
 like us on facebook 'Get Fit LLC'



February '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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day STUDIO CLOSED! Have a happy, healthy, full of blessing NEW YEAR!	2 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	3 5pm PUMP n POUND 5:45p ZUMBA 7p PILATES n PT	4 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	5 9a BODY HARMONY 5:15pm BARREbell 6p POUND	6 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT
7 5p BARREbell 5:45p BOOTCAMP	8 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7p SPIN + BOOTCAMP	9 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	10 5pm PUMP n POUND 5:45p ZUMBA 7p BOOTCAMP	11 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	12 9a BODY HARMONY 5:15pm BARREbell 6p POUND	13 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT
14 8a ZUMBA	15 ML King Day 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7p SPIN + BOOTCAMP	16 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	17 5pm PUMP n POUND 5:45p ZUMBA 7p CORE HIIT	18 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	19 9a BODY HARMONY 5:15pm BARREbell 6p POUND	20 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT
21 5p BARREbell 5:45p BOOTCAMP	22 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7p SPIN + BOOTCAMP 8:30p go FB LIVE w/us to reveal our secret!!	23 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	24 5pm PUMP n POUND 5:45p ZUMBA 7p PILATES n PT	25 5p BARREbell 5:30p SPIN + YOGA 6:45p POUND	26 9a BODY HARMONY NO BARREbell! 6p POUND	27 8a ZUMBA 4 Everyone! 9:30a SPIN + YOGA 10:45a REFIT
28 8a ZUMBA	29 5pm PUMP n POUND 5:45pm ZUMBA GOLD 7p SPIN + BOOTCAMP	30 5:30p YOGA 6:45p POUND 7:45p SPIN + YOGA	31 5pm PUMP n POUND 5:45p ZUMBA 7p PILATES n PT	BRAND NEW CLASS coming to GET FIT February 1st!! GO LIVE with us Monday 1/22/18 @ 8:30pm on our GET FIT facebook page www.facebook.com/getfitdelaware for our SECRET will be REVEALED then!!!!		



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