

# July 2017



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

August '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
<p><b>**Take advantage of our LIVE streamed classes AND recorded ON DEMAND classes!!</b>                      Follow this link: <a href="https://iframe.dacast.com/b/87590/c/434735">https://iframe.dacast.com/b/87590/c/434735</a>  <b>**BOOTCAMP w/Maddy starts this month:</b> Starts 7/6 and then will run on Tuesday's &amp; Thursday's @ 9am for the summer!  <b>**Studio CLOSED:</b> July 4th  <b>**POP UP YOGA:</b> Friday 7/21 7pm ~ Also...don't forget to try our new Spin + Yoga format offered:                      Tuesday &amp; Thursday evening &amp; Saturday morning!!  <b>**Check out our newest services at the bottom!! (**) denotes new</b></p>						<p><b>1</b>                      8am ZUMBA 4 Everyone!                      9:30am SPIN + Yoga                      10:45am ReFit</p>
<p><b>2</b></p>	<p><b>3</b>                      9am POUND                       5pm PUMP n POUND                      5:45pm ZUMBA GOLD  <b>NO SPIN + Bootcamp!</b></p>	<p><b>4 Independence Day</b>   <b>STUDIO CLOSED!</b>  <i>God bless YOU,                      this country,                      and all those who served!</i></p>	<p><b>5</b>                      5pm PUMP n POUND                      5:45pm ZUMBA                      7pm PILATES n PT</p>	<p><b>6</b>                      9am BOOTCAMP                       5p BARREbell                      5:30p SPIN + Yoga                      6:45pm POUND</p>	<p><b>7</b>   <b>NO BARREbell!</b>                      6pm POUND</p>	<p><b>8</b>                      8am ZUMBA 4 Everyone!                      9:30am SPIN + Yoga                      10:45am ReFit</p>
<p><b>9</b>                       5pm BARREbell</p>	<p><b>10</b>  <b>NO 9am POUND!</b>                       5pm PUMP n POUND                      5:45pm ZUMBA GOLD                      7pm SPIN + Bootcamp</p>	<p><b>11</b>                      9am BOOTCAMP                       5:30pm YOGA                      6:45pm POUND                      7:45pm SPIN + Yoga</p>	<p><b>12</b>                       5pm PUMP n POUND                      5:45pm ZUMBA  <b>NO PILATES n PT!</b></p>	<p><b>13</b>                      9am BOOTCAMP                       5p BARREbell                      5:30p SPIN + Yoga                      6:45pm POUND</p>	<p><b>14</b>   <b>NO BARREbell!</b>                      6pm POUND</p>	<p><b>15</b>                      8am ZUMBA 4 Everyone!                      9:30am SPIN + Yoga                      10:45am ReFit</p>
<p><b>16</b></p>	<p><b>17</b>                      9am POUND                       5pm PUMP n POUND                      5:45pm ZUMBA GOLD                      7pm SPIN + Bootcamp</p>	<p><b>18</b>                      9am BOOTCAMP                       5:30pm YOGA                      6:45pm POUND                      7:45pm SPIN + Yoga</p>	<p><b>19</b>                       5pm PUMP n POUND                      5:45pm ZUMBA                      7pm PILATES n PT</p>	<p><b>20</b>                      9am BOOTCAMP                       5p BARREbell                      5:30p SPIN + Yoga                      6:45pm POUND</p>	<p><b>21</b>                       5:15pm BARREbell                      6pm POUND                      7p YOGA</p>	<p><b>22</b>                      8am ZUMBA 4 Everyone!                      9:30am SPIN + Yoga                      10:45am ReFit</p>
<p><b>23 Parents' Day</b>                       5pm BARREbell</p>	<p><b>24</b>                      9am POUND                       5pm PUMP n POUND                      5:45pm ZUMBA GOLD                      7pm SPIN + Bootcamp</p>	<p><b>25</b>                      9am BOOTCAMP                       5:30pm YOGA                      6:45pm POUND                      7:45pm SPIN + Yoga</p>	<p><b>26</b>                       5pm PUMP n POUND                      5:45pm ZUMBA                      7pm PILATES n PT</p>	<p><b>27</b>                      9am BOOTCAMP                       5p BARREbell                      5:30p SPIN + Yoga                      6:45pm POUND</p>	<p><b>28</b>                       5:15pm BARREbell                      6pm POUND</p>	<p><b>29</b>                      8am ZUMBA 4 Everyone!                      9:30am SPIN + Yoga                      10:45am ReFit</p>
<p><b>30</b></p>	<p><b>31</b>                      9am POUND                       5pm PUMP n POUND                      5:45pm ZUMBA GOLD                      7pm SPIN + Bootcamp</p>	<p><b>GROUP EXERCISE CLASSES:</b>                      \$7/1 Class \$28/5 \$45/10 Classes \$60/Unlimited 30 Days                      \$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. \$40/60 Min \$50/2 on 1 Buddy Training                      **\$57.50/90 Minute PT &amp; Wellness Combo</p>			<p><b>WE ALSO OFFER:</b>                      ~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 info@getfitphysically.com for more details</p>	



7 week Small Personal Training groups start back August 21st! [www.getfitphysically.com](http://www.getfitphysically.com) click 'events' tab to sign up!