

# June 2017



320 London Rd Suite # 105 Delaware  
**www.getfitphysically.com**  
 740.531.9776  
 #nocontracts #nightclubatmosphere

July '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></p>				<p><b>1</b></p> <p>5pm BARREbell 5:30pm SPIN + Yoga 6:45pm POUND</p>	<p><b>2</b></p> <p>5:15pm BARREbell 6pm POUND <b>Then join us @ FIRST FRIDAY!!!</b></p>	<p><b>3</b></p> <p>8am ZUMBA 4 Everyone! 9:30am SPIN + Yoga 10:45am ReFit</p>
<p><b>4</b></p>	<p><b>5</b></p> <p>9am POUND</p> <p>5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp</p>	<p><b>6</b></p> <p>5:30pm YOGA 6:45pm POUND 7:45pm SPIN + Yoga</p>	<p><b>7</b></p> <p>5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT</p>	<p><b>8</b></p> <p>5pm BARREbell 5:30pm SPIN + Yoga 6:45pm POUND</p>	<p><b>9</b></p> <p>5:15pm BARREbell 6pm POUND</p>	<p><b>10</b></p> <p>8am ZUMBA 4 Everyone! 9:30am SPIN + Yoga 10:45am ReFit</p>
<p><b>11</b></p> <p><i>NO BARREbell</i></p>	<p><b>12</b></p> <p>9am POUND</p> <p>5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp</p>	<p><b>13</b></p> <p>5:30pm YOGA 6:45pm POUND 7:45pm SPIN + Yoga</p>	<p><b>14</b> Flag Day</p> <p>5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT</p>	<p><b>15</b></p> <p>5pm BARREbell 5:30pm SPIN + Yoga 6:45pm POUND</p>	<p><b>16</b></p> <p>5:15pm BARREbell 6pm POUND</p>	<p><b>17</b></p> <p>8am ZUMBA 4 Everyone! 9:30am SPIN + Yoga 10:45am ReFit</p>
<p><b>18</b> Father's Day</p>	<p><b>19</b></p> <p>9am POUND</p> <p>5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp</p>	<p><b>20</b></p> <p>5:30pm YOGA 6:45pm POUND 7:45pm SPIN + Yoga</p>	<p><b>21</b> June Solstice</p> <p>5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT</p>	<p><b>22</b></p> <p>5pm BARREbell 5:30pm SPIN + Yoga 6:45pm POUND</p>	<p><b>23</b></p> <p>5:15pm BARREbell 6pm POUND <b>NEW!**7pm YOGA</b></p>	<p><b>24</b></p> <p>8am ZUMBA 4 Everyone! 9:30am SPIN + Yoga 10:45am ReFit</p>
<p><b>25</b></p> <p><i>NO BARREbell</i></p>	<p><b>26</b></p> <p>9am POUND</p> <p>5pm PUMP n POUND 5:45pm ZUMBA GOLD 7pm SPIN + Bootcamp</p>	<p><b>27</b></p> <p>5:30pm YOGA 6:45pm POUND 7:45pm SPIN + Yoga</p>	<p><b>28</b></p> <p>5pm PUMP n POUND 5:45pm ZUMBA 7pm PILATES n PT</p>	<p><b>29</b></p> <p>5pm BARREbell 5:30pm SPIN + Yoga 6:45pm POUND</p>	<p><b>30</b></p> <p>5:15pm BARREbell 6pm POUND</p>	

**LIVE!**

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**LIVE!**

**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. \$40/60 Min \$50/Buddy

\*Wellness Coach, Meal Planning, Private Grocery Shop with Plant Based Nutritionist: \$35/60 Minutes

\*Massage: \$60/60 Minutes

\*Myofascial Release: \$30/30 Minutes \$50/60 Minutes

PRIVATE PARTIES & CORPORATE WELLNESS!!

Contact info@getfitphysically.com for more details

**6 new 7 WEEK SMALL PERSONAL TRAINING GROUPS** starting week of August 21st!!! Paula, Billie, and Angela will be running these groups! Sign up getfitphysically.com and click 'events' tab!!