

October 2017

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



| November '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 | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|---|
| 1 Zumba & Bootcamp for AUTISM SPEAKS! 2-4pm sugg. \$10 @ door | 2 9am POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP | 3 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA | 4 10:30am H4 5pm PUMP n POUND 5:45pm ZUMBA *NO 7p PILATES n PT | 5 5pm BARREbell 5:30pm SPIN + YOGA 6:45pm POUND | 6 9am BODY HARMONY 5:15pm BARREbell 6pm POUND | 7 8am ZUMBA 4 EVERYONE 9:30am SPIN + YOGA **10:45am ZUMBA **REFIT returns in NOVEMBER!! |
| 8 | 9 Columbus Day 9am POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP | 10 **NO YOGA 6:45pm POUND **NO SPIN/YOGA | 11 10:30am H4 5pm PUMP n POUND 5:45pm ZUMBA *NO 7p PILATES n PT | 12 5pm BARREbell 5:30pm SPIN + YOGA 6:45pm POUND | 13 9am BODY HARMONY 5:15pm BARREbell 6pm POUND | 14 8am ZUMBA 4 EVERYONE 9:30am YOGA **10:45am ZUMBA **REFIT returns in NOVEMBER!! |
| 15 | 16 9am POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP | 17 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA | 18 10:30am H4 5pm PUMP n POUND 5:45pm ZUMBA *NO 7p PILATES n PT | 19 5pm BARREbell 5:30pm SPIN + YOGA 6:45pm POUND | 20 9am BODY HARMONY 5:15pm BARREbell 6pm POUND | 21 8am ZUMBA 4 EVERYONE 9:30am SPIN + YOGA **10:45am ZUMBA **REFIT returns in NOVEMBER!! |
| 22 5pm BARREbell 5:45pm BOOTCAMP | 23 9am POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP | 24 United Nations Day 5:30pm YOGA 6:45pm POUND 7:45pm SPIN + YOGA | 25 10:30am H4 5pm PUMP n POUND 5:45pm ZUMBA 7p PILATES n PT | 26 5pm BARREbell 5:30pm SPIN + YOGA 6:45pm POUND | 27 9am BODY HARMONY 5:15pm BARREbell 6pm POUND | 28 8am ZUMBA 4 EVERYONE 9:30am SPIN + YOGA **10:45am ZUMBA **REFIT returns in NOVEMBER!! |
| 29 | 30 9am POUND 5p PUMP n POUND 5:45p ZUMBA GOLD 7p SPIN + BOOTCAMP | 31 Halloween STUDIO CLOSED!  | **H4 stands for HIIT, Hypertrophy, and Holistic Health. This class was designed for people who live stream into our classes from work or home AND for our studio clients!! a 45 minute class that includes 30 minutes of High Interval Training + Muscle Building Hypertrophy Strength Training and ENDS WITH 15 minutes of Holistic Health discussion that covers Holistic Health topics **FALL SESSION for 7 week Small Group Training starts week of NOVEMBER 6th! www.getfitphysically.com click book a class now then hit events tab once inside the retail store!! GRAB YOUR SPOT as they go QUICKLY!! | | | |

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

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