

Media Release



COVID-Inspired Fitness Program Celebrates Third Anniversary

Seattle, WA, May 16, 2023

Phygit Fitness, the innovative fitness program that combines physical and digital experiences, is proud to celebrate its third anniversary this month. Since its inception, Phygit Fitness has gained a loyal following of fitness enthusiasts and has helped hundreds of individuals achieve their fitness goals and overall wellness.

Coach Jackson has been leading Phygit Fitness from the start and has become a beloved figure in the fitness world. His passion for health and wellness has inspired countless individuals to take control of their physical health and make meaningful changes in their lives.

"Phygit Fitness has been a labor of love for me, and I am thrilled to see it celebrating its third anniversary," said Coach Jackson. "Over the past three years, we have built a supportive community of individuals committed to improving their health and wellness. I couldn't be prouder of what we have accomplished together."

To celebrate its third anniversary, Phygit Fitness will host free classes on Thursday, May 18th. Each session will be open to new and seasoned participants. For those unable to attend in person, each session will be live-streamed via Zoom and social media. Coach Jackson will also be available after each session to answer questions and provide tips for participants.

Phygit Fitness is committed to providing clients with a safe and engaging fitness experience. All in-person workouts follow the latest safety guidelines and protocols to ensure the health and well-being of all participants.

For more information on Phygit Fitness and its anniversary promotions, visit www.phygit.fitness.

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