

CLASS SCHEDULE

Classes led by
Get Up Inspired with Shauna

5:15AM & 6:15AM
MON, WED, FRI

Classes led by
Terri Needham

8AM & 8:45AM
MON, WED, FRI

5:30 PM
MON, TUES, THUR



Frequently Asked Questions

How to get started:

Send us a direct message on Facebook, text 919-606-5269, or email contact@getupinspired.com to let us know which class time and day you are interested in.

1st class with Shauna:

Your 1st workout is FREE! You will need to complete Waiver & Forms before taking your 1st class. Shauna will email or direct message you a link to complete the Waiver & Forms.

1st class with Terri:

Your 1st workout is FREE! To complete Waiver & Forms arrive about 15 minutes before class time at Bungalow Bounce. Class times are on our schedule.

What else should I do prior to 1st class:

Arrive about 5 minutes before class time for classes to start on time. Arrive hydrated, with clean bottom shoes, feeling well, and ready to do a warm-up to start the workout. You may want to bring a bottle of water and a hand towel.

**101 Best Wood Dr.,
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Clayton, NC**



www.facebook.com/ShaugaandTerri