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DynaMike Fitness Links List

Save these to a folder in your 'favorites/Bookmarks' for quick access.

1. Enjoy this fitness/wellness resource provided complimentary for you and your family. Enjoy! <http://dynamikefitness.fitpromag.com/>
2. **(Web Site)** <http://www.dynamikefitness.com/>
3. **(Drop in Options)** <http://bit.ly/DynaMikeDropIn>
4. **(Twitter)** <https://twitter.com/ClanseyMike>
5. **(Instagram)** <http://instagram.com/dynamikefitness/>
6. **(main email contact)** info@dynamikefitness.com
7. **(Newsletter Opt In:unsubscribe anytime)** <http://bit.ly/DynaMikeNews>
8. **(Facebook Fan Page)** 'Like' & 'Follow' us at www.facebook.com/fitnesssolutionsnow
9. You can also view the schedule and book / purchase any group classes with our MindBody smart phone app. (<https://mindbody.io/>) or Use Mindbody via the web bit.ly/MBOSignIn
10. Trainerize <https://fsn.trainerize.com/app/logon.aspx> (Fitness Test results, Checking in / making notes about your class, seeing what the W.O.D. (Workout of the Day) is or viewing your workout history or scheduled workouts..etc.
11. Zumba website www.zumba.com
12. Zumbawear <https://www.zumba.com/en-US/shop/CA>
13. If you missed your invite to our private Facebook 'Lounge' you can try requesting [HERE](#) or just ask me to resend your invite.