

Team Training Programs - May 2017

Team Training class size: 5-15 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM		
5:30-6:15	Afterburn Cheryl M. 5/1-5/22 \$45/session No Class on 5/8	1	5:30-6:30 AM	Tribe FIT 2* Ann Marie 5/2-6/8 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 5* Kimberly 5/3-6/9 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 2* Ann Marie 5/2-6/8 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 5* Kimberly 5/3-6/9 2 day/wk Program	6	7:15-8 AM	Afterburn Michelle 5/6 & 5/13 \$15/class	6	8:15-9 AM	Industrial Strength Linda 5/7 & 5/14 \$30/session	6
9:30-10:15	Afterburn Alison 5/1-5/22 \$60/session	6	8:30-9:15	Industrial Strength Danielle 5/2-5/30 \$75/session	6	5:30-6:15 AM	Foundations Cheryl McD. 5/3-5/24 \$60/session	1	8:30-9:15	Afterburn Danielle 5/11-5/25 \$45/session	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 5/5-5/26 \$60/session	1	8-8:50 AM	Total Body Barre Alison 5/13 & 5/20 \$15/class	2			
			9:30-10:30 AM	Tribe FIT 3* Cheryl Ch. 5/2-6/9 2 day/wk Program	6	8:30-9:15	Boxing Ann Marie 5/3-5/31 \$75/session	6	9:45-10:15 AM	Boxing Cheryl Ch. 5/4-5/25 \$40/session	6	8:30-9:15	Tribe FIT 4* Ann Marie 5/2-6/9 2 day/wk Program	6	8:15-9 AM	Boxing Cheryl McD. 5/6-5/27 \$60/session	6			
						9:30-10:15	Afterburn Ann Marie 5/3-5/31 \$75/session	6				9:30-10:30 AM	Tribe FIT 3* Cheryl Ch. 5/2-6/9 2 day/wk Program	6	<p>Studio Locations: 1-Mind/Body Studio 2-Small Group Training Studio 3-Pure Energy Studio 4-Cycle Studio 5-Reformer Studio 6-Athletic Performance Center</p>					
						11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 5/3-5/31 \$35/session	4 & 6												
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM								
6-7 PM	Tribe FIT 1* Cheryl Ch. 5/1-6/7 2 day/wk Program	6	5:30-6:30 PM	Tribe FIT 4* Ann Marie 5/2-6/9 2 day/wk Program	6	6-7 PM	Tribe FIT 1* Cheryl Ch. 5/1-6/7 2 day/wk Program	6												
7-7:30 PM	Boxing Cheryl Ch. 5/1-5/22 \$40/session	6	6:30-7:15 PM	Afterburn Linda 5/2-5/30 \$75/session	6	7-7:45 PM	Afterburn Cheryl Ch. 5/3-5/31 \$75/session	6	<p>*Tribe FIT is a 6 week program that meets 2 days per week.</p> <p>Program cost: \$216</p> <p>Registration for Season 3, 2017 starts on April 17th, 2017.</p>											
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 5/2-5/30 \$35/session	4 & 6															
<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION. Pro-rated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups.</p> <p>REGISTRATION OPENS ON APRIL 15TH. Please stop by the member service desk, call the club or register</p>																				
<p>fitness unlimited health club for women</p> <p>Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>																				

Yoga Workshops: Ball Rolling with Amy Ross on Sunday, 5/7 from 1-2:30 pm (\$20/member & \$25/non-member)

Class descriptions can be found on our website at www.fitnessunlimited.com

Turn over for Small Group Schedule

Small Group Training Programs - May 2017

Small Group Training class size: 3-4 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM		
5:30-6:30 AM	Reformer Beg/Int Danielle 5/1-5/22 \$100/session	5	8:30-9:30	Reform Barre Alison 5/2-5/30 \$125/session	5	6-7 AM	Reform Barre Alison 5/3-5/31 \$125/session	5	6-7 AM	Reformer Beg/Int Lisa 5/4-5/25 \$100/session	5	6-7 AM	Reform Barre Alison 5/12-5/26 \$75/session	5	9-10 AM	Reform Barre Alison 5/13 & 5/20 \$50/session	5			
						8:30-9:30 AM	Reform Barre Alison 5/3-5/31 \$125/session	5				6-6:45 AM	Small Group PT Danielle 5/5-5/26 \$100/session	2						
												9:30-10:30 AM	Reform Barre Alison 5/12-5/26 \$75/session	5						
															<p>Studio Locations: 1-Mind/Body Studio 2-Small Group Training Studio 3-Pure Energy Studio 4-Cycle Studio 5-Reformer Studio 6-Athletic Performance Center</p>					
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION. <i>Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups</i></p> <p>ALL SMALL GROUP PT & REFORMER CLASSES REQUIRE A CONSULTATION APPOINTMENT FOR ANY PARTICIPANT THAT IS NEW TO OUR PROGRAM. <i>A one hour session will be scheduled with a trainer for a discounted rate of \$29 prior to your first class.</i></p> <p>REGISTRATION OPENS ON APRIL 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></p> <p>fitness unlimited health club for women</p> <p>Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>					
5:45-6:45 PM	Reform Barre Alison 5/1-5/22 \$100/session	5	7:15-8 PM	Small Group PT Whitney 5/2-5/30 \$125/session	2	12-12:45 PM	Reformer Express Lisa 5/3-5/31 \$100/session	5	6-7 PM	Reform Barre Pia Returns in June	5	12-12:45 PM	Reformer Express Lisa 5/5-5/26 \$80/session	5						
			8-9 PM	Reformer Beg/Int Danielle 5/2-5/30 \$125/session	5	6:30-7:30 PM	Reformer Intermediate Pia Returns in June	5	5:45-6:30 PM	Small Group PT Linda 5/4-5/25 \$100/session	2									
									6:30-7:15 PM	Small Group PT Whitney 5/4-5/25 \$100/session	2									

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