

Team Training Programs - June 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. 6/5-6/26 \$60/session	1	5:30-6:30 AM	Tribe FIT 2* Ann Marie 6/20-7/27 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 4* Kimberly 6/21-7/28 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 2* Ann Marie 6/20-7/27 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 4* Kimberly 6/21-7/28 2 day/wk Program	6	7-7:50 AM	Outdoor Bootcamp Lauren & Kimberly 6/3-6/24 \$45/session No class on 6/10	O	8:15-9 AM	Industrial Strength Linda 6/4-6/25 \$60/session	6
9:30-10:15	Afterburn Alison 6/5-6/26 \$60/session	6	8:30-9:15	Industrial Strength Danielle 6/6-6/27 \$60/session	6	5:30-6:15 AM	Foundations Cheryl McD. 6/7-6/28 \$60/session	1	8:30-9:15	Afterburn Danielle 6/1-6/29 \$75/session	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 6/2-6/23 \$60/session	1	8-8:50 AM	Total Body Barre Alison 6/10-6/24 \$15/class	2			
			9:30-10:30 AM	Tribe FIT 3* Cheryl Ch. 6/20-7/28 2 day/wk Program	6	8:30-9:15	Boxing Ann Marie 6/7-6/21 \$45/session	6	9:45-10:15 AM	Boxing Cheryl Ch. 6/1-6/29 \$40/session No class on 6/8	6	8:30-9:15	Industrial Strength Ann Marie 6/2-6/23 \$60/session	6	8:15-9 AM	Boxing Cheryl McD. 6/3-6/24 \$60/session	6			
						9:30-10:15	Afterburn Ann Marie 6/7-6/21 \$45/session	6				9:30-10:30 AM	Tribe FIT 3* Cheryl Ch. 6/20-7/28 2 day/wk Program	6	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 O-Outside of Club/Pope John Paul Park					
						11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 6/14-6/28 \$21/session	4 & 6												
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM								
6-7 PM	Tribe FIT 1* Cheryl Ch. 6/19-7/26 2 day/wk Program	6	5:30-6:15 PM	Afterburn Ann Marie 6/6-6/20 \$45/session	6	6-7 PM	Tribe FIT 1* Cheryl Ch. 6/19-7/26 2 day/wk Program	6							ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION. Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups. REGISTRATION OPENS ON MAY 15TH. Please stop by the member service desk, call the club or register online					
7-7:30 PM	Boxing Cheryl Ch. 6/12-6/26 \$30/session	6	6:30-7:15 PM	Afterburn Linda 6/6-6/27 \$60/session	6	7-7:45 PM	Afterburn Cheryl Ch. 6/14-6/28 \$45/session	6	*Tribe FIT is a 6 week program that meets 2 days per week. Program cost: \$216 Registration for Season 4, 2017 starts on June 5th, 2017.											
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 6/13-6/27 \$21/session	4 & 6															

POP UP CLASS: Build a Balance w/ Ann Marie & Whitney on Thursday, 6/1 from 6:30-7:45 pm (\$20/member & \$25/non-member)

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

Turn over for Small Group Schedule



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