

Team Training Programs - September 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 AM	Afterburn Cheryl M. 9/11-9/25 \$45/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 9/26-11/2 2 day/wk -Program	6	5:30-6:30 AM	Tribe FIT 1* Kimberly 9/25-11/1 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 3* Ann Marie 9/26-11/2 2 day/wk Program	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 9/8-9/29 \$60/session	6	7:10-7:55 AM	Ropes, Straps & Bells Lauren 9/9-9/30 \$60/session	6	8:15-9 AM	Industrial Strength Linda 9/17 & 9/24 \$30/session	6
5:30-6:30 AM	Tribe FIT 1* Kimberly 9/25-11/1 2 day/wk Program	6	5:30-6:30 AM	Bootcamp Ann Marie 9/5 & 9/12 \$40/session	6	5:30-6:15 AM	Industrial Strength Kimberly 9/13 \$15/class	6	5:30-6:30 AM	Bootcamp Ann Marie 9/7 & 9/14 \$40/session	6	8:30-9:30 AM	Bootcamp Ann Marie 9/8-9/29 \$80/session	6	8:15-9 AM	Boxing Cheryl McD. 9/9-9/30 \$60/session	6			
5:30-6:15 AM	Afterburn Kimberly 9/11 \$15/class	6	8:30-9:15 AM	Industrial Strength Kimberly 9/5-9/26 \$60/session	6	5:30-6:15 AM	Foundations Cheryl McD. 9/6-9/27 \$60/session	1	8:30-9:15 AM	Afterburn Kimberly 9/7-9/28 \$60/session	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 9/26-11/3 2 day/wk Program	6						
9:30-10:15 AM	Afterburn Kimberly 9/11-9/25 \$45/session	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 9/26-11/3 2 day/wk Program	6	8:30-9:15 AM	Boxing Ann Marie 9/6-9/27 \$60/session	6	9:45-10:15 AM	Boxing Cheryl Ch. 9/7-9/28 \$40/session	6	9:30-10:30 AM	Bootcamp Cheryl Ch. 9/8 & 9/15 \$40/session	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					
			9:30-10:30 AM	Bootcamp Cheryl Ch. 9/5 & 9/12 \$40/session	6	9:30-10:15 AM	Afterburn Ann Marie 9/6-9/27 \$60/session	6												
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			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 AUGUST 15TH. Please stop by the member service desk, call the club or register online					
6-7 PM	Tribe FIT 2* Cheryl Ch. 9/25-11/1 2 day/wk Program	6	5:30-6:30 PM	Bootcamp Ann Marie 9/5-9/26 \$80/session	6	11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 9/6-9/27 \$28/session	4 & 6	7:30-8:15 PM	Thursday Night Fights Lauren 9/7-9/28 \$60/session	6									
7-7:30 PM	Boxing Cheryl Ch. 9/11-9/25 \$30/session	6	7-8 PM	Moving Towards Wellness Cheryl C. & Jane 9/5-9/26 \$28/session	4 & 6	6-7 PM	Tribe FIT 2* Cheryl Ch. 9/25-11/1 2 day/wk Program	6	*Tribe FIT is a 6 week program that meets 2 days per week. Program cost: \$216 Registration for Season 6, 2017 starts on September 5th, 2017.											
						7-7:45 PM	Afterburn Cheryl Ch. 9/6-9/27 \$60/session	6												
<p>PILATES WORKSHOPS: <i>Body After Baby</i> w/ Kara Bligh on Sunday, 9/17 from 1-2:30 pm</p> <p>YOGA WORKSHOPS: <i>Back to Yin Yoga</i> w/ Amy Ross on Sunday, 9/10 from 1-2:30 pm & <i>Ball Rolling</i> w/ Amy Ross on Sunday, 9/24 from 1-2:30 pm</p> <p>All workshops are \$20/members and \$25/non-members</p>																				


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

Turn over for Small Group Schedule


fitnessunlimited
 HEALTH CLUB FOR WOMEN
 Fitness Unlimited
 364 Granite Avenue
 Milton, MA 02186
 617-698-0260
www.fitnessunlimited.com

Small Group Training Programs - September 2017

Small Group Training class size: 3-4 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM		
5:30-6:20 AM	Reformer Danielle 9/11-9/25 \$75/session	5	5:30-6:20 AM	Reformer Katie 9/5-9/26 \$100/session	5	6-6:50 AM	Reformer Lisa 9/6-9/27 \$100/session	5	6-6:50 AM	Reformer Lisa 9/7-9/28 \$100/session	5	6-6:50 AM	Reformer Miriam 9/8-9/29 \$100/session	5	9-9:50 AM	Tower Miriam 9/9-9/30 \$100/session	5			
8:30-9:20 AM	Reformer Danielle 9/11-9/25 \$75/session	5	8:30-9:20 AM	Reformer Lisa 9/5-9/26 \$100/session	5	8:30-9:20 AM	Reformer Lisa 9/6-9/27 \$100/session	5	10:30-11:20 AM	Reformer Danielle 9/7-9/28 \$100/session	5	6-6:50 AM	Small Group PT Danielle 9/8-9/29 \$100/session	2						
9:30-10:20 AM	Reformer Katie 9/11-9/25 \$75/session	5				9:30-10:20 AM	Chair Miriam 9/6-9/27 \$100/session	2				9:30-10:20 AM	Reformer Danielle 9/8-9/29 \$100/session	5						
															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					
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			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> 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> REGISTRATION OPENS ON AUGUST 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i>					
			8-8:50 PM	Reformer Danielle 9/5-9/26 \$100/session	5	12-12:50 PM	Reformer Lisa 9/6-9/27 \$100/session	5	6-6:50 PM	Reformer Danielle 9/7-9/28 \$100/session	5	12-12:50 PM	Reformer Lisa 9/8-9/29 \$100/session	5						
						6:30-7:20 PM	Reformer Pia 9/6-9/27 \$100/session	5	8-8:50 PM	Reformer Danielle 9/14-9/28 \$75/session	5									
															 Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com					

PILATES WORKSHOPS: *Body After Baby* w/ Kara Bligh on Sunday, 9/17 from 1-2:30 pm

YOGA WORKSHOPS: *Back to Yin Yoga* w/ Amy Ross on Sunday, 9/10 from 1-2:30 pm & *Ball Rolling* w/ Amy Ross on Sunday, 9/24 from 1-2:30 pm

All workshops are \$20/members and \$25/non-members

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Turn over for Team Training Schedule