


# Team Training Programs - December 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	<b>Afterburn</b> Cheryl M. 12/4-12/18 \$45/session	1	5:30-6:30 AM	<b>Tribe FIT 3*</b> Ann Marie 11/14-12/21 2 day/wk -Program	6	5:30-6:15 AM	<b>Kettlebell Core</b> Cheryl McD. 12/6-12/27 \$60/session	1	5:30-6:30 AM	<b>Tribe FIT 3*</b> Ann Marie 11/14-12/21 2 day/wk Program	6	5:30-6:15 AM	<b>Industrial Strength</b> Cheryl McD. 12/1-12/22 \$60/session	6	8:15-9 AM	<b>Boxing</b> Cheryl McD. 12/2-12/23 \$60/session	6	8:15-9 AM	<b>Industrial Strength</b> Linda 12/3 & 12/10 \$30/session	6						
5:30-6:30 AM	<b>Tribe FIT 1*</b> Kimberly 11/13-12/20 2 day/wk Program	6	8:30-9:15	<b>Industrial Strength</b> Kimberly 12/5-12/19 \$45/session	6	5:30-6:30 AM	<b>Tribe FIT 1*</b> Kimberly 11/13-12/20 2 day/wk Program	6	8:30-9:15 AM	<b>Afterburn</b> Kimberly 12/7-12/21 \$45/session	6	8:30-9:30 AM	<b>Bootcamp</b> Ann Marie 12/15 & 12/22 \$40/session	6												
			9:30-10:30 AM	<b>Tribe FIT 4*</b> Cheryl Ch. 11/14-12/22 2 day/wk Program	6	8:30-9:15 AM	<b>Tread &amp; Box</b> Ann Marie 12/6-12/20 \$45/session	6	9:45-10:15 AM	<b>Boxing</b> Cheryl Ch. 12/7-12/21 \$30/session	6	9:30-10:30 AM	<b>Tribe FIT 4*</b> Cheryl Ch. 11/14-12/22 2 day/wk Program	6												
						11:45-12:45 PM	<b>Moving Towards Wellness</b> Cheryl C. & Jane 12/6-12/20 \$21/session	4 & 6				10:30-11:15 AM	<b>TRX, Strength &amp; Flexibility</b> Lauren H. 12/1-12/22 \$60/session	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>											
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE &amp; 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.</p> <p>REGISTRATION OPENS ON NOVEMBER 15TH.                      Please stop by the member service desk, call the club or register online at <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a>.</p> <p> <b>fitnessunlimited</b> HEALTH CLUB FOR WOMEN</p> <p>Fitness Unlimited                      364 Granite Avenue                      Milton, MA 02186                      617-698-0260  <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a></p>											
6-7 PM	<b>Tribe FIT 2*</b> Cheryl Ch. 11/13-12/20 2 day/wk Program	6	5:30-6:30 PM	<b>Bootcamp</b> Ann Marie 12/5-12/19 \$60/session	6	6-7 PM	<b>Tribe FIT 2*</b> Cheryl Ch. 11/13-12/20 2 day/wk Program	6																		
7-7:30 PM	<b>Boxing</b> Cheryl Ch. 12/4-12/18 \$30/session	6	6:30-7:15 PM	<b>Afterburn</b> Linda. 12/5 & 12/12 \$30/session	6	7-7:45 PM	<b>Afterburn</b> Cheryl Ch. 12/6-12/20 \$45/session	6	<p><b>*Tribe FIT is a 6 week program that meets 2 days per week.</b></p> <p>Program cost: \$216</p> <p>Registration for Season 7, 2017 starts on October 30th, 2017.</p>																	
			7-8 PM	<b>Moving Towards Wellness</b> Cheryl C. & Jane 12/5-12/19 \$21/session	4 & 6																					

**YOGA WORKSHOPS: Holiday Yoga Retreat with Amy Ross** on Sunday, 12/3 from 1-2:30 pm


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

Class descriptions can be found on our website at [www.fitnessunlimited.com](http://www.fitnessunlimited.com)

Turn over for Small Group Schedule

# Small Group Training Programs - December 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	<b>Reformer</b> Danielle 12/4 & 12/18 \$50/session	5	5:30-6:20 AM	<b>Reformer</b> Katie 12/5-12/19 \$75/session	5	6-6:50 AM	<b>Reformer</b> Lisa 12/6-12/20 \$75/session	5	6-6:50 AM	<b>Reformer</b> Lisa 12/7-12/21 \$75/session	5	6-6:50 AM	<b>Reformer</b> Miriam 12/1-12/22 \$100/session	5						
8:30-9:20 AM	<b>Pilates Circuit</b> Danielle 12/4-12/18 \$75/session	5	8:30-9:20 AM	<b>Reformer</b> Lisa 12/5-12/19 \$75/session	5	8:30-9:20 AM	<b>Reformer</b> Lisa 12/6-12/20 \$75/session	5	10:30-11:20 AM	<b>Reformer</b> Danielle 12/7-12/21 \$75/session	5	6-6:50 AM	<b>Small Group PT</b> Danielle 12/1-12/29 \$100/session No class on 12/8	2						
9:30-10:20 AM	<b>Tower</b> Katie 12/4-12/18 \$75/session	5										7:30-8:30 AM	<b>Reformer</b> Danielle 12/1-12/29 \$100/session No class on 12/8	5						
												9:30-10:20 AM	<b>Reformer</b> Danielle 12/1-12/29 \$125/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			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE &amp; 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</p> <p>ALL SMALL GROUP PT &amp; REFORMER CLASSES REQUIRE A CONSULTATION APPOINTMENT FOR ANY PARTICIPANT THAT IS NEW TO OUR PROGRAM.                      A one hour session will be scheduled with a trainer for a discounted rate of \$29 prior to your first class.</p> <p>REGISTRATION OPENS ON NOVEMBER 15TH.                      Please stop by the member service desk, call the club or register online at <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a>.</p> <p> <b>fitnessunlimited</b> HEALTH CLUB FOR WOMEN</p> <p><b>Fitness Unlimited</b> 364 Granite Avenue Milton, MA 02186 617-698-0260 <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a></p>					
			8-8:50 PM	<b>Reformer</b> Danielle 12/5-12/19 \$75/session	5	12-12:50 PM	<b>Reformer</b> Lisa 12/6-12/20 \$75/session	5												

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