


# Team Training Programs - January 2018

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. 1/8-1/29 \$60/session	1	5:30-6:30 AM	<b>Tribe FIT 3*</b> Ann Marie 1/23-3/1 2 day/wk -Program	6	5:30-6:15 AM	<b>Kettlebell Core</b> Cheryl McD. 1/3-1/24 \$60/session	1	5:30-6:30 AM	<b>Tribe FIT 3*</b> Ann Marie 1/23-3/1 2 day/wk Program	6	5:30-6:15 AM	<b>Industrial Strength</b> Cheryl McD. 1/12-1/26 \$45/session	6	8:15-9 AM	<b>Boxing</b> Cheryl McD. 1/6-1/27 \$60/session	6	8:15-9 AM	<b>Industrial Strength</b> Linda 1/14-1/28 \$45/session	6					
5:30-6:30 AM	<b>Tribe FIT 1*</b> Kimberly 1/22-2/28 2 day/wk Program	6	8:30-9:15	<b>Industrial Strength</b> Kimberly 1/9-1/30 \$60/session	6	5:30-6:30 AM	<b>Tribe FIT 1*</b> Kimberly 1/22-2/28 2 day/wk Program	6	8:30-9:15 AM	<b>Afterburn</b> Kimberly 1/11-1/25 \$45/session	6	8:30-9:30 AM	<b>Bootcamp</b> Ann Marie 1/5-1/26 \$80/session	6	9:15-10 AM	<b>TRX HIIT</b> Lauren H. 1/13-1/27 \$45/session	6								
8:30-9:15	<b>Industrial Strength</b> Kimberly 1/8-1/29 \$60/session	6	9:30-10:30 AM	<b>Tribe FIT 4*</b> Cheryl Ch. 1/23-3/2 2 day/wk Program	6	8:30-9:15 AM	<b>Boxing</b> Ann Marie 1/10-1/31 \$60/session	6	9:45-10:15 AM	<b>Boxing</b> Cheryl Ch. 1/11-1/25 \$30/session	6	9:30-10:30 AM	<b>Tribe FIT 4*</b> Cheryl Ch. 1/23-3/2 2 day/wk Program	6											
						11:45-12:45 PM	<b>Moving Towards Wellness</b> Cheryl C. & Jane 1/3-1/31 \$35/session	4 & 6				10:30-11:15 AM	<b>TRX HIIT</b> Lauren H. 1/12-1/26 \$45/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                      C-Cardio Room</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 DECEMBER 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. 1/22-2/28 2 day/wk Program	6	5:30-6:30 PM	<b>Bootcamp</b> Ann Marie 1/2-1/30 \$100/session	6	1-2 PM	<b>Advanced Vinyasa Yoga</b> Izzy 1/3-1/24 \$60/session	1	6-6:30 PM	<b>TRX HIIT</b> Lauren H. 1/11-1/25 \$30/session	6														
7-7:30 PM	<b>Boxing</b> Cheryl Ch. 1/8-1/29 \$40/session	6	6:30-7:15 PM	<b>Afterburn</b> Linda. 1/16-1/30 \$45/session	6	6-7 PM	<b>Tribe FIT 2*</b> Cheryl Ch. 1/22-2/28 2 day/wk Program	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 1, 2018 starts on January 2, 2018.</p>																
			7-8 PM	<b>Moving Towards Wellness</b> Cheryl C. & Jane 1/2-1/30 \$35/session	4 & 6	7-7:45 PM	<b>Afterburn</b> Cheryl Ch. 1/10-1/31 \$60/session	6																	

**YOGA WORKSHOPS: Candle Light Yoga & Yoga Nidra w/ Elyse Bergamini & Martha Susi on Friday, 1/12 from 6:30-8 pm**


All workshops are \$30/members and \$35/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 - January 2018

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 1/8-1/29 \$100/session	5	5:30-6:20 AM	<b>Reformer</b> Katie 1/2-1/30 \$100/session No class on 1/9	5	6-6:50 AM	<b>Reformer</b> Lisa 1/3-1/31 \$125/session	5	6-6:50 AM	<b>Reformer</b> Lisa 1/4-1/25 \$100/session	5	6-6:50 AM	<b>Reformer</b> Miriam 1/5-1/26 \$100/session	5						
8:30-9:20 AM	<b>Pilates Circuit</b> Danielle 1/8-1/29 \$100/session	5	8:30-9:20 AM	<b>Reformer</b> Lisa 1/2-1/30 \$125/session	5	8:30-9:20 AM	<b>Reformer</b> Lisa 1/3-1/31 \$125/session	5	10:30-11:20 AM	<b>Reformer</b> Danielle 1/11-1/25 \$75/session	5	6-6:50 AM	<b>Small Group PT</b> Danielle 1/5-1/26 \$100/session	2						
9:30-10:20 AM	<b>Tower</b> Katie 1/15-1/29 \$75/session	5				10:30-11:20 AM	<b>Reformer</b> Danielle 1/10-1/31 \$100/session	5				7:30-8:30 AM	<b>Reformer</b> Danielle 1/5-1/26 \$100/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 &amp; 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 &amp; 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 DECEMBER 15TH.  <i>Please stop by the member service desk, call the club or register online at <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a>.</i></p>					
5:30-6:20 PM	<b>Reformer</b> Pia 1/8-1/29 \$100/session	5	8-8:50 PM	<b>Reformer</b> Danielle 1/2-1/30 \$125/session	5	12-12:50 PM	<b>Reformer</b> Lisa 1/3-1/31 \$125/session	5												
						6:30-7:20 PM	<b>Reformer</b> Pia 1/3-1/31 \$125/session	5												
															 <p>Fitness Unlimited                      364 Granite Avenue                      Milton, MA 02186                      617-698-0260  <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a></p>					

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