


Team Training Programs - February 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	Afterburn Cheryl M. 2/5-2/26 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 1/23-3/1 2 day/wk Program	6	5:30-6:15 AM	Kettlebell Core Cheryl McD. 2/7-2/28 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 1/23-3/1 2 day/wk Program	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 2/2-2/23 \$60/session	6	8:15-9 AM	Boxing Cheryl McD. 2/3-2/24 \$60/session	6	8:15-9 AM	Industrial Strength Linda 2/4-2/25 \$60/session	6					
5:30-6:30 AM	Tribe FIT 1* Kimberly 1/22-3/5 2 day/wk Program	6	8:30-9:15	Industrial Strength Kimberly 2/6-2/27 \$45/session No class on 2/20	6	5:30-6:30 AM	Tribe FIT 1* Kimberly 1/22-3/5 2 day/wk Program	6	8:30-9:15 AM	Afterburn Kimberly 2/1-2/15 \$45/session	6	8:30-9:30 AM	Bootcamp Ann Marie 2/2-2/16 \$60/session	6	9:15-10 AM	TRX HIIT Lauren H. 2/3-2/17 \$45/session	6								
9:30-10:15 AM	TRX HIIT Lauren H. 2/5-2/26 \$45/session No class on 2/19	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 1/23-3/2 2 day/wk Program	6	8:30-9:15 AM	Boxing Ann Marie 2/7-2/28 \$45/session No class on 2/21	6	9:45-10:15 AM	Boxing Cheryl Ch. 2/1-2/15 \$30/session	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 1/23-3/2 2 day/wk Program	6											
						9:30-10:15 AM	Afterburn Ann Marie 2/7-2/28 \$45/session No class on 2/21	6						<p>Studio Locations:</p> <ul style="list-style-type: none"> 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 											
						11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 2/7-2/28 \$28/session	4 & 6																	
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.</p> <p><i>Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups.</i></p> <p>REGISTRATION OPENS ON JANUARY 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></p> <p> fitnessunlimited HEALTH CLUB FOR WOMEN</p> <p>Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>										
6-7 PM	Tribe FIT 2* Cheryl Ch. 1/22-2/28 2 day/wk Program	6	5:30-6:30 PM	Bootcamp Ann Marie 2/6-2/27 \$60/session No class on 2/20	6	6-7 PM	Tribe FIT 2* Cheryl Ch. 1/22-2/28 2 day/wk Program	6																	
7-7:30 PM	Boxing Cheryl Ch. 2/5-2/26 \$40/session	6	6:30-7:15 PM	Afterburn Linda 2/6-2/27 \$60/session	6	7-7:45 PM	Afterburn Cheryl Ch. 2/7-2/28 \$60/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 1, 2018 starts on January 2, 2018.</p>																
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 2/6-2/27 \$28/session	4 & 6																				

Coed Community Yoga with Martha Susi - Friday 2/9 from 6:30-7:45 pm

Members and Non Members: \$10 (all proceeds go to Dove, Quincy, MA)

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

Turn over for Small Group Schedule

Small Group Training Programs - February 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	Reformer Danielle 2/5-2/26 \$100/session	5	5:30-6:20 AM	Reformer Katie 2/6-2/27 \$100/session	5	6-6:50 AM	Reformer Lisa 2/7-2/28 \$75/session No class on 2/21	5	5-5:50 AM	Reformer Katie 2/1-2/22 \$100/session	5	6-6:50 AM	Reformer Miriam 2/9-2/23 \$75/session	5	8-8:50 AM	Reformer Danielle 2/3-2/24 \$100/session	5			
8:30-9:20 AM	Reformer Danielle 2/5-2/26 \$100/session	5	8:30-9:20 AM	Reformer Lisa 2/6-2/27 \$75/session No class on 2/20	5	8:30-9:20 AM	Reformer Lisa 2/7-2/28 \$75/session No class on 2/21	5	6-6:50 AM	Reformer Lisa 2/8 & 2/15 \$50/session	5	6-6:50 AM	Small Group PT Danielle 2/9-2/23 \$75/session	2						
9:30-10:20 AM	Tower Katie 2/5-2/26 \$100/session	5							9:30-10:20 AM	Reformer Katie 2/1-2/22 \$100/session	5	7:30-8:30 AM	Reformer Danielle 2/9-2/23 \$75/session	5						
												10:30-11:20 AM	Reformer Danielle 2/2-2/23 \$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 JANUARY 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i>					
5:30-6:20 PM	Reformer Pia 2/5-2/26 \$100/session	5	8-8:50 PM	Reformer Danielle 2/6-2/27 \$100/session	5	12-12:50 PM	Reformer Lisa 2/7-2/28 \$75/session No class on 2/21	5	5-5:50 PM	Reform Barre Pia 2/1-2/22 \$100/session	5									
						6:30-7:20 PM	Reformer Pia 2/7-2/28 \$100/session	5												

Coed Community Yoga with Martha Susi - Friday 2/9 from 6:30-7:45 pm

Members and Non Members: \$15 (all proceeds go to Dove, Local Chapter)

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

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Milton, MA 02186
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