

Team Training Programs - March 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. 3/5-3/26 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 3/13-4/19 2 day/wk Program	6	5:30-6:15 AM	Kettlebell Core Cheryl McD. 3/7-3/28 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 3/13-4/19 2 day/wk Program	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 3/2-3/23 \$60/session	6	8:15-9 AM	Boxing Cheryl McD. 3/3-3/24 \$60/session	6	8:15-9 AM	Industrial Strength Linda 3/4-3/25 \$60/session	6			
5:30-6:30 AM	Tribe FIT 1* Kimberly 3/12-4/18 2 day/wk Program	6	8:30-9:15	Industrial Strength Kimberly 3/6-3/27 \$60/session	6	5:30-6:30 AM	Tribe FIT 1* Kimberly 3/12-4/18 2 day/wk Program	6	8:30-9:15 AM	Afterburn Kimberly 3/8-3/29 \$60/session	6	8:30-9:30 AM	Bootcamp Ann Marie 3/2-3/30 \$100/session	6	9:15-10 AM	Bootcamp Lauren H. 3/3-3/31 \$75/session	6						
			9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 3/13-4/20 2 day/wk Program	6	11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 3/7-3/28 \$28/session	4 & 6	9:30-10:15 AM	Box & TRX 20/20 Cheryl Ch. 3/1-3/29 \$75/session	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 3/13-4/20 2 day/wk Program	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 & 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 FEBRUARY 15TH. Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</p>								
6-7 PM	Tribe FIT 2* Cheryl Ch. 3/12-4/18 2 day/wk Program	6	5:30-6:30 PM	Bootcamp Ann Marie 3/6-3/27 \$80/session	6	6-7 PM	Tribe FIT 2* Cheryl Ch. 3/12-4/18 2 day/wk Program	6	12:30-1 PM	KB Express Kimberly 3/1-3/29 \$50/session	6												
7-7:30 PM	Boxing Cheryl Ch. 3/5-3/26 \$40/session	6	6:30-7:15 PM	Afterburn Linda 3/6-3/27 \$60/session	6	7-7:45 PM	Afterburn Cheryl Ch. 3/7-3/28 \$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 2, 2018 starts on February 26th, 2018.</p>														
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 3/6-3/27 \$28/session	4 & 6																		

Spring Refresh with Amy Ross - Sunday 3/11 from 1-2:30 pm - \$20/members \$25/non-members

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

Turn over for Small Group Schedule



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

Small Group Training Programs - March 2018

Small Group Training class size: 3-6 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM							
5:30-6:20 AM	Reformer Danielle 3/5-3/26 \$100/session	5	5:30-6:20 AM	Reformer Katie 3/6-3/27 \$100/session	5	6-6:50 AM	Reformer Lisa 3/7-3/21 \$75/session	5	5-5:50 AM	Reformer Katie 3/1-3/29 \$125/session	5	6-6:50 AM	Reformer Miriam 3/2-3/30 \$125/session	5	8-8:50 AM	Reformer Danielle 3/3-3/31 \$100/session No class on 3/17	5								
9:30-10:20 AM	Pilates Circuit Katie 3/5-3/26 \$100/session	5	8:30-9:20 AM	Reformer Lisa 3/6-3/20 \$75/session	5	8:30-9:20 AM	Reformer Lisa 3/7-3/21 \$75/session	5	6-6:50 AM	Reformer Lisa 3/1-3/22 \$100/session	5	6-6:50 AM	Small Group PT Danielle 3/9-3/30 \$100/session	2											
									9:30-10:20 AM	Reformer Katie 3/1-3/29 \$125/session	5	7:30-8:30 AM	Reformer Danielle 3/2-3/30 \$125/session	5											
												10:30-11:20 AM	Reformer Danielle 3/2-3/30 \$125/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 & 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 & 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 FEBRUARY 15TH. Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</p>										
5:30-6:20 PM	Reformer Pia 3/5-3/26 \$100/session	5	8-8:50 PM	Reformer Danielle 3/6-3/27 \$100/session	5	12-12:50 PM	Reformer Lisa 3/14 & 3/21 \$50/session	5																	
						6:30-7:20 PM	Reformer Pia 3/7-3/28 \$100/session	5																	

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