

Team Training Programs - May 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. 5/14 & 5/21 \$30/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 5/1-6/7 2 day/wk Program	6	5:30-6:15 AM	Kettlebell Core Cheryl McD. 5/2-5/23 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 5/1-6/7 2 day/wk Program	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 5/4-5/25 \$60/session	6	8:15-9 AM	Boxing Cheryl McD. 5/5-5/26 \$60/session	6	8:15-9 AM	Industrial Strength Linda 5/6-5/20 \$45/session	6
5:30-6:30 AM	Tribe FIT 1* Kimberly 4/30-6/6 2 day/wk Program	6	8:30-9:15	Industrial Strength Kimberly 5/1-5/29 \$75/session	6	5:30-6:30 AM	Tribe FIT 1* Kimberly 4/30-6/8 2 day/wk Program	6	8:45-9:30 AM	Kettlebell Bootcamp Kimberly 5/3-5/31 \$45/session No class 5/17 & 5/24	6	8:30-9:30 AM	Bootcamp Ann Marie 5/4-5/25 \$60/session No class on 5/11	6						
			9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 5/1-6/8 2 day/wk Program	6	11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 5/2-5/30 \$35/session	4 & 6	9:30-10:15 AM	Box & TRX 20/20 Cheryl Ch. 5/3-5/31 \$75/session	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 5/1-6/8 2 day/wk Program	6						
												10:30-11:15 AM	Bootcamp Lauren 5/4-5/25 \$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 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 APRIL 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. 4/30-6/6 2 day/wk Program	6	5:30-6:30 PM	Bootcamp Ann Marie 5/1-5/29 \$100/session	6	6-7 PM	Tribe FIT 2* Cheryl Ch. 4/30-6/6 2 day/wk Program	6	3:30-4:15 PM	Bootcamp Lauren 5/3-5/31 \$75/session	6									
7-7:30 PM	Boxing Cheryl Ch. 5/7-5/21 \$30/session	6	6:30-7:15 PM	Afterburn Linda 5/1-5/29 \$75/session	6	7-7:45 PM	Afterburn Cheryl Ch. 5/2-5/30 \$75/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 3, 2018 starts on April 16th, 2018.</p>											
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 5/1-5/29 \$35/session	4 & 6															
<p><i>Pilates Sip & Shop Soirée</i> with Danielle, Lisa & Kara - Friday 5/4 from 6:30-8 pm \$25/member and \$30/non member</p> <p><i>Roll and Recover</i> with Amy Ross - Sunday 5/20 from 1-2:30 pm \$20/member and \$25/non-member</p>																				

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 - May 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 5/7-5/21 \$75/session	5	5:30-6:20 AM	Reformer Katie 5/1-5/29 \$125/session	5	6-6:50 AM	Reformer Lisa 5/2-5/30 \$125/session	5	5-5:50 AM	Reformer Katie 5/3-5/31 \$125/session	5	6-6:50 AM	Reformer Danielle 5/4-5/25 \$100/session	5	8-8:50 AM	Reformer Danielle 5/5-5/26 \$75/session No class on 5/12	5								
9:30-10:20 AM	Pilates Circuit Katie 5/7 & 5/14 \$50/session	5	8:30-9:20 AM	Reformer Lisa 5/1-5/29 \$125/session	5	8:30-9:20 AM	Reformer Lisa 5/2-5/30 \$125/session	5	6-6:50 AM	Reformer Lisa 5/3-5/31 \$125/session	5	7:30-8:30 AM	Reformer Danielle 5/4-5/25 \$100/session	5											
									9:30-10:20 AM	Reformer Katie 5/3-5/31 \$125/session	5	10:30-11:20 AM	Reformer Danielle 5/4-5/25 \$75/session No class on 5/11	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 APRIL 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 5/7-5/21 \$75/session	5	8-8:50 PM	Reformer Danielle 5/1-5/29 \$125/session	5	12-12:50 PM	Reformer Lisa 5/2-5/30 \$125/session	5	5:30-6:20 PM	Reformer/Barre Pia 5/3-5/31 \$125/session	5														
						6:30-7:20 PM	Reformer Pia 5/2-5/30 \$125/session	5																	
															<p> fitnessunlimited HEALTH CLUB FOR WOMEN</p> <p>Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>										
<p><i>Pilates Sip & Shop Soirée</i> with Danielle, Lisa & Kara - Friday 5/4 from 6:30-8 pm \$25/member and \$30/non member</p> <p><i>Roll and Recover</i> with Amy Ross - Sunday 5/20 from 1-2:30 pm \$20/member and \$25/non-member</p>																									

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