


# 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	<b>Afterburn</b> Cheryl M. 5/14 & 5/21 \$30/session	1	5:30-6:30 AM	<b>Tribe FIT 3*</b> Ann Marie 5/1-6/7 2 day/wk Program	6	5:30-6:15 AM	<b>Kettlebell Core</b> Cheryl McD. 5/2-5/23 \$60/session	1	5:30-6:30 AM	<b>Tribe FIT 3*</b> Ann Marie 5/1-6/7 2 day/wk Program	6	5:30-6:15 AM	<b>Industrial Strength</b> Cheryl McD. 5/4-5/25 \$60/session	6	8:15-9 AM	<b>Boxing</b> Cheryl McD. 5/5-5/26 \$60/session	6	8:15-9 AM	<b>Industrial Strength</b> Linda 5/6-5/20 \$45/session	6	
5:30-6:30 AM	<b>Tribe FIT 1*</b> Kimberly 4/30-6/6 2 day/wk Program	6	8:30-9:15	<b>Industrial Strength</b> Kimberly 5/1-5/29 \$75/session	6	5:30-6:30 AM	<b>Tribe FIT 1*</b> Kimberly 4/30-6/8 2 day/wk Program	6	8:45-9:30 AM	<b>Kettlebell Bootcamp</b> Kimberly 5/3-5/31 \$45/session No class 5/17 & 5/24	6	8:30-9:30 AM	<b>Bootcamp</b> Ann Marie 5/4-5/25 \$60/session No class on 5/11	6							
			9:30-10:30 AM	<b>Tribe FIT 4*</b> Cheryl Ch. 5/1-6/8 2 day/wk Program	6	11:45-12:45 PM	<b>Moving Towards Wellness</b> Cheryl C. & Jane 5/2-5/30 \$35/session	4 & 6	9:30-10:15 AM	<b>Box &amp; TRX 20/20</b> Cheryl Ch. 5/3-5/31 \$75/session	6	9:30-10:30 AM	<b>Tribe FIT 4*</b> Cheryl Ch. 5/1-6/8 2 day/wk Program	6							
												10:30-11:15 AM	<b>Bootcamp</b> 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 &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 APRIL 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. 4/30-6/6 2 day/wk Program	6	5:30-6:30 PM	<b>Bootcamp</b> Ann Marie 5/1-5/29 \$100/session	6	6-7 PM	<b>Tribe FIT 2*</b> Cheryl Ch. 4/30-6/6 2 day/wk Program	6	3:30-4:15 PM	<b>Bootcamp</b> Lauren 5/3-5/31 \$75/session	6										
7-7:30 PM	<b>Boxing</b> Cheryl Ch. 5/7-5/21 \$30/session	6	6:30-7:15 PM	<b>Afterburn</b> Linda 5/1-5/29 \$75/session	6	7-7:45 PM	<b>Afterburn</b> Cheryl Ch. 5/2-5/30 \$75/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 3, 2018 starts on April 16th, 2018.</p>												
			7-8 PM	<b>Moving Towards Wellness</b> Cheryl C. & Jane 5/1-5/29 \$35/session	4 & 6																
<p><i>Pilates Sip &amp; Shop Soirée</i> with Danielle, Lisa &amp; 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](http://www.fitnessunlimited.com)

Turn over for Small Group Schedule

# 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	<b>Reformer</b> Danielle 5/7-5/21 \$75/session	5	5:30-6:20 AM	<b>Reformer</b> Katie 5/1-5/29 \$125/session	5	6-6:50 AM	<b>Reformer</b> Lisa 5/2-5/30 \$125/session	5	5-5:50 AM	<b>Reformer</b> Katie 5/3-5/31 \$125/session	5	6-6:50 AM	<b>Reformer</b> Danielle 5/4-5/25 \$100/session	5	8-8:50 AM	<b>Reformer</b> Danielle 5/5-5/26 \$75/session No class on 5/12	5									
9:30-10:20 AM	<b>Pilates Circuit</b> Katie 5/7 & 5/14 \$50/session	5	8:30-9:20 AM	<b>Reformer</b> Lisa 5/1-5/29 \$125/session	5	8:30-9:20 AM	<b>Reformer</b> Lisa 5/2-5/30 \$125/session	5	6-6:50 AM	<b>Reformer</b> Lisa 5/3-5/31 \$125/session	5	7:30-8:30 AM	<b>Reformer</b> Danielle 5/4-5/25 \$100/session	5												
									9:30-10:20 AM	<b>Reformer</b> Katie 5/3-5/31 \$125/session	5	10:30-11:20 AM	<b>Reformer</b> 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 &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 APRIL 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>											
5:30-6:20 PM	<b>Reformer</b> Pia 5/7-5/21 \$75/session	5	8-8:50 PM	<b>Reformer</b> Danielle 5/1-5/29 \$125/session	5	12-12:50 PM	<b>Reformer</b> Lisa 5/2-5/30 \$125/session	5	5:30-6:20 PM	<b>Reformer/Barre</b> Pia 5/3-5/31 \$125/session	5															
						6:30-7:20 PM	<b>Reformer</b> Pia 5/2-5/30 \$125/session	5																		
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<p><i>Pilates Sip &amp; Shop Soirée</i> with Danielle, Lisa &amp; 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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Turn over for Team Training Schedule