


Team Training Programs - November 2017

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. 11/6-11/27 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 11/14-12/21 2 day/wk Program	6	5:30-6:15 AM	Kettlebell Core Cheryl McD. 11/1-11/29 \$60/session <small>No class on 11/22</small>	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 11/14-12/21 2 day/wk Program	6	5:30-6:15 AM	Industrial Strength Cheryl McD. 11/3-11/17 \$45/session	6	7:10-7:55 AM	TRX, Bells & Ropes Lauren H. 11/4-11/18 \$45/session	6	8:15-9 AM	Industrial Strength Linda 11/5 & 11/12 \$30/session	6
5:30-6:30 AM	Tribe FIT 1* Kimberly 11/13-12/20 2 day/wk Program	6	8:30-9:15	Industrial Strength Kimberly 11/7-11/28 \$60/session	6	5:30-6:30 AM	Tribe FIT 1* Kimberly 11/13-12/20 2 day/wk Program	6	8:30-9:15 AM	Afterburn Kimberly 11/2-11/30 \$60/session <small>No class on 11/23</small>	6	8:30-9:30 AM	Bootcamp Ann Marie 11/3-11/17 \$60/session	6	8:15-9 AM	Boxing Cheryl McD. 11/4-11/25 \$60/session	6			
9:30-10:15 AM	TRX, Bells & Cardio Kimberly 11/6-11/27 \$45/session <small>No class on 11/20</small>	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 11/14-12/22 2 day/wk Program	6	8:30-9:15 AM	Boxing Ann Marie 11/1-11/29 \$75/session	6	9:45-10:15 AM	Boxing Cheryl Ch. 11/2-11/30 \$40/session <small>No class on 11/23</small>	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 11/14-12/22 2 day/wk Program	6						
						9:30-10:15 AM	Afterburn Ann Marie 11/1-11/29 \$75/session	6				10:30-11:15 AM	TRX, Bells & Ropes Lauren H. 11/3-11/17 \$45/session	6	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					
						11:45-12:45 PM	Moving Towards Wellness Cheryl C. & Jane 11/1-11/29 \$28/session <small>No class on 11/22</small>	4 & 6												
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> REGISTRATION OPENS ON OCTOBER 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i>					
6-7 PM	Tribe FIT 2* Cheryl Ch. 11/13-12/20 2 day/wk Program	6	5:30-6:30 PM	Bootcamp Ann Marie 11/7-11/28 \$80/session	6	6-7 PM	Tribe FIT 2* Cheryl Ch. 11/13-12/20 2 day/wk Program	6				5:15-6 PM	Industrial Strength Linda 11/3-11/17 \$45/session	6						
7-7:30 PM	Boxing Cheryl Ch. 11/6-11/27 \$40/session	6	6:30-7:15 PM	Afterburn Linda. 11/7-11/28 \$60/session	6	7-7:45 PM	Afterburn Cheryl Ch. 11/1-11/29 \$60/session <small>No class on 11/22</small>	6	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>*Tribe FIT is a 6 week program that meets 2 days per week.</p> <p>Program cost: \$216</p> <p>Registration for Season 7, 2017 starts on October 30th, 2017.</p> </div>											
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 11/7-11/28 \$28/session	4 & 6															
 Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com																				
YOGA WORKSHOPS: <i>Candle Light Yoga & Yoga Nidra</i> w/ Elyse Bergamini & Martha Susi on Friday, 11/10 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

Turn over for Small Group Schedule

Small Group Training Programs - November 2017

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 11/6-11/27 \$75/session No class on 11/13	5	5:30-6:20 AM	Reformer Katie 11/7-11/28 \$100/session	5	6-6:50 AM	Reformer Lisa 11/1-11/29 \$100/session No class on 11/8	5	6-6:50 AM	Reformer Lisa 11/2-11/30 \$100/session No class on 11/23	5	6-6:50 AM	Reformer Miriam 11/3-11/17 \$75/session	5	9-9:50 AM	Tower Miriam 11/4 & 11/18 \$50/session	5			
8:30-9:20 AM	Pilates Circuit Danielle 11/6-11/27 \$100/session	5	8:30-9:20 AM	Reformer Lisa 11/7-11/28 \$100/session	5	8:30-9:20 AM	Reformer Lisa 11/1-11/29 \$100/session No class on 11/8	5	10:30-11:20 AM	Reformer Danielle 11/2-11/30 \$100/session No class on 11/23	5	6-6:50 AM	Small Group PT Danielle 11/3 & 11/17 \$50/session	2						
9:30-10:20 AM	Tower Katie 11/6-11/27 \$100/session	5				9:30-10:20 AM	Chair Miriam 11/1-11/29 \$125/session	2				7:30-8:30 AM	Reformer Danielle 11/3 & 11/17 \$50/session	5						
												9:30-10:20 AM	Reformer Danielle 11/3-11/17 \$75/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. <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 & 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 OCTOBER 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></p>					
5:30-6:20 PM	Reformer Pia 11/6-11/27 \$100/session	5	8-8:50 PM	Reformer Danielle 11/7-11/28 \$100/session	5	12-12:50 PM	Reformer Lisa 11/1-11/29 \$100/session No class on 11/8	5												
						6:30-7:20 PM	Reformer Pia 11/1-11/29 \$100/session No class on 11/22	5												

YOGA WORKSHOPS: Candle Light Yoga & Yoga Nidra w/ Elyse Bergamini & Martha Susi on Friday, 11/10 from 6:30-8 pm

All workshops are \$30/members and \$35/non-members

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