

Team Training Programs - April 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. 4/9-4/30 \$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	Kettlebell Core Cheryl McD. 4/4-4/25 \$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. 4/6-4/27 \$60/session	6	8:15-9 AM	Boxing Cheryl McD. 4/14-4/28 \$45/session	6	8:15-9 AM	Industrial Strength Linda 4/8-4/29 \$60/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 4/3-4/24 \$45/session No class on 4/17	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 4/5-4/26 \$45/session No class on 4/19	6	8:30-9:30 AM	Bootcamp Ann Marie 4/5-4/26 \$60/session No class on 4/20	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 4/4-4/25 \$28/session	4 & 6	9:30-10:15 AM	Box & TRX 20/20 Cheryl Ch. 4/5-4/26 \$60/session	6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 5/1-6/8 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. <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 MARCH 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></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 4/3-4/24 \$60/session No class on 4/17	6	6-7 PM	Tribe FIT 2* Cheryl Ch. 4/30-6/6 2 day/wk Program	6																	
7-7:30 PM	Boxing Cheryl Ch. 4/2-4/30 \$50/session	6	6:30-7:15 PM	Afterburn Linda 4/3-4/24 \$60/session	6	7-7:45 PM	Afterburn Cheryl Ch. 4/4-4/25 \$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 3, 2018 starts on April 16th, 2018.</p>																
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 4/3-4/24 \$28/session	4 & 6																				

Advanced Barre Workshop with Izzy Ortigoza - Saturday 4/28 from 12:30-1:45 pm

\$20/member and \$25/non-member

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 - April 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 4/16-4/30 \$75/session	5	5:30-6:20 AM	Reformer Katie 4/3-4/24 \$100/session	5	6-6:50 AM	Reformer Lisa 4/4-4/25 \$75/session No class on 4/18	5	5-5:50 AM	Reformer Katie 4/12-4/26 \$75/session	5	6-6:50 AM	Reformer Danielle 4/13-4/27 \$75/session	5	8-8:50 AM	Reformer Danielle 4/14 & 4/28 \$50/session	5									
9:30-10:20 AM	Pilates Circuit Katie 4/2-4/30 \$125/session	5	8:30-9:20 AM	Reformer Lisa 4/3-4/24 \$75/session No class on 4/17	5	8:30-9:20 AM	Reformer Lisa 4/11 & 4/25 \$50/session No class on 4/18	5	6-6:50 AM	Reformer Lisa 4/5 & 4/26 \$50/session	5	7:30-8:30 AM	Reformer Danielle 4/13-4/27 \$75/session	5												
									9:30-10:20 AM	Reformer Katie 4/12-4/26 \$75/session	5	10:30-11:20 AM	Reformer Danielle 4/13-4/27 \$75/session	5												
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<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> <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 MARCH 15TH. Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</p> <p> fitnessunlimited HEALTH CLUB FOR WOMEN</p> <p>Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>											
5:30-6:20 PM	Reformer Pia 4/2-4/30 \$125/session	5	8-8:50 PM	Reformer Danielle 4/17 & 4/24 \$50/session	5	12-12:50 PM	Reformer Lisa 4/4-4/25 \$75/session No class on 4/18	5	5:30-6:20 PM	Reformer/Barre Pia 4/5-4/26 \$100/session	5															
						6:30-7:20 PM	Reformer Pia 4/4-4/25 \$100/session	5																		

Advanced Barre Workshop with Izzy Ortigoza - Saturday 4/28 from 12:30-1:45 pm

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