

april

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30am in APC *Tribe FIT 1 Jillian 4/27 - 6/3 \$216	5:30 - 6:30am in APC *Tribe FIT 3 Ann Marie 4/28 - 6/4 \$216 8:30 - 9:20am in APC Bootcamp Kimberly 4/7 - 4/28 no class 4/14 \$54 9:30 - 10:30am in APC *Tribe FIT 4 Cheryl C. 4/28 - 6/5 \$216	5:00 - 5:30am in APC Express Bootcamp Kimberly 4/1 & 4/8 \$20 5:30 - 6:30am in APC *Tribe FIT 1 Jillian 4/27 - 6/3 \$216 5:30 - 6:15am in studio 1 Kettlebell Core Cheryl M. 4/1 - 4/29 no class 4/22 \$60 9:00 - 9:50am in CR HIIT it Hard! Kimberly 4/1 - 4/29 no class 4/15 \$72	5:30 - 6:30am in APC *Tribe FIT 3 Ann Marie 4/28 - 6/4 \$216 9:00 - 9:50am in CR HIIT it Hard! Cheryl C. 4/2 - 4/30 \$90	5:30 - 6:20am in CR HIIT it Hard! Kimberly 4/3 & 4/24 \$36 8:30 - 9:30am in APC Train Like a Fighter! Ann Marie 4/3 - 4/24 \$100 9:30 - 10:30am in APC *Tribe FIT 4 Cheryl C. 4/28 - 6/5 \$216		
6:00 - 7:00pm in APC *Tribe FIT 2 Cheryl C. 4/27 - 6/3 \$216 7:00 - 7:30pm in APC Boxing Cheryl C. 4/6 - 4/27 \$40	5:30 - 6:20pm in CR HIIT it Hard! Ann Marie 4/7 - 4/28 no class 4/21 \$54 7:00 - 8:00pm in APC Moving Towards Wellness Cheryl C. & Jane 4/7 - 4/28 \$28	6:00 - 7:00pm in APC *Tribe FIT 2 Cheryl C. 4/27 - 6/3 \$216 7:00 - 7:50pm in CR HIIT it Hard! Cheryl C. 4/1 - 4/29 \$90				



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

Workshops

Spa Yoga w/ Martha Susi Friday 4/3 6:30-7:30 PM \$20/member \$25/nonmember
Monthly Melt Series w/ Katie Oeser Friday 4/24 6:30 - 8:00 PM \$30/member \$35/nonmember

REGISTRATION OPENS ON MARCH 15TH.
 Please stop by the member service desk,
 call the club or register online at
www.fitnessunlimited.com

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.

*Tribe FIT is a 6 week program that
 meets 2x/week.
 Registration for Season 3 starts on
 4/13/2020

april

pilates programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:20am Reformer Danielle 4/6 - 4/27 \$100	5:30 - 6:20am Reformer Cheryl M. 4/7 - 4/28 no class 4/21 \$75 6:30 - 7:20am Reformer Cheryl M. 4/7 - 4/28 no class 4/21 \$75 8:30 - 9:20am Pilates Circuit Michaela 4/7 - 4/28 no class 4/21 \$75	6:00 - 6:50am Reformer Lisa 4/1 - 4/29 no class 4/22 \$100	6:00 - 6:50am Reformer Lisa 4/2 - 4/30 no class 4/16 & 4/23 \$75 9:30 - 10:20am Reformer Michaela 4/2 - 4/30 no class 4/16 \$100 10:30 - 11:20am Reformer Michaela 4/2 - 4/30 no class 4/16 \$100	5:10 - 6:00am Reformer Danielle 4/3 - 4/24 \$100 6:00 - 6:50am Reformer Danielle 4/3 - 4/24 \$100	8:00 - 8:50am Reformer Danielle 4/4 & 4/11 \$50 9:00 - 9:50am Reformer Danielle 4/4 & 4/11 \$50	8:00 - 8:50am Pilates Circuit Michaela 4/5 & 4/26 \$25/class
5:30 - 6:20pm Reformer Pia 4/6 - 4/27 \$100	8:00 - 8:50pm Reformer Danielle 4/14 - 4/28 \$75	6:30 - 7:20pm Reformer Pia 4/1 - 4/29 \$125	5:30 - 6:20pm Reform Barre Pia 4/2 - 4/30 \$125			



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ALL GROUP REFORMER SESSIONS ARE NON-REFUNDABLE &
 MUST BE PAID IN FULL AT TIME OF REGISTRATION.
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 to registering as there are no make-ups.

*A Pilates consultation is required for
 any new participant to our reformer
 program for \$29.
 See member service desk.