

october

small group & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 10/4 - 10/25 no class 10/11 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 10/5 - 10/26 \$20/class	9:15 - 10:00am in CR SHRED 45 Kimberly 10/6 & 10/20 \$15/class 6:30 - 7:15pm in APC Boxing Lauren 10/6 - 10/27 \$15/class	6:00 - 6:45pm in CR SHRED 45 Nicole 10/7 & 10/21 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 10/1 - 10/29 no class 10/8 \$20/class 9:00 - 9:45pm in APC TRX Lauren 10/15 - 10/29 \$15/class	8:10 - 9:00am in APC Kettlebells & Boxing Cheryl M. 10/2 - 10/30 \$30/class	
<p align="center">*24 HOUR CANCELLATION POLICY*</p> <p align="center">Please check your schedule prior to registering for classes as there are no makeups or refunds for cancellations with less than 24 hours notice.</p> <p align="center">REGISTRATION OPENS ON SEPTEMBER 20TH</p>						
			<p align="center">Small Group Training 3-6 participants \$30/class</p>	<p align="center">Team Training 7-10 participants \$15/class (45 mins) \$20/class (50 mins)</p>	<p align="center">Specialized Studio Fitness up to 15 participants \$15/class</p>	<p align="center">Yoga / Specialty Workshops up to 18 participants \$20/class</p>

To reserve your spot visit our website
www.fitnessunlimited.com
 or call/stop by the member service desk
 617 - 698 - 0260



Masks: Face coverings will be optional indoors and outdoors for fully vaccinated members and staff. We ask that those who are non-vaccinated continue to wear their masks and abide by CDC guidelines to keep everyone in our community healthy and safe.