

december

small group & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 12/6 - 12/20 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 12/7 - 12/21 \$20/class	9:15 - 10:00am in CR SHRED 45 Kelly 12/8 & 12/15 \$15/class	9:15 - 10:00am in CR SHRED 45 Nicole 12/2 - 12/30 no class 12/23 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 12/3 - 12/24 \$20/class	8:10 - 9:00am in APC Kettlebells & Boxing Cheryl M. 12/4 - 12/18 \$30/class	
5:30 - 6:15pm in APC Bootcamp Kelly 12/6 & 12/13 \$15/class		6:30 - 7:15pm in APC Holiday Bootcamp Lauren 12/8 \$15/class	5:30 - 6:15pm in APC Bootcamp Linda 12/2 - 12/16 \$15/class	9:15 - 10am in APC Holiday Bootcamp Lauren 12/3 \$15/class		
<p>*12 HOUR CANCELLATION POLICY*</p> <p>Please check your schedule prior to registering for classes as there are no makeups or refunds for cancellations with less than 12 hours notice.</p> <p>REGISTRATION OPENS ON NOVEMBER 20TH</p>			<p>Small Group Training 3-6 participants \$30/class</p>	<p>Team Training 7-10 participants \$15/class (45 mins) \$20/class (50 mins)</p>	<p>Specialized Studio Fitness up to 15 participants \$15/class</p>	<p>Yoga / Specialty Workshops up to 18 participants \$20/class</p>

**All classes are subject to cancellation if less than 2 people are enrolled.
In the event of a cancellation - the purchased class will remain on your account to be used for a future booking.*

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.