

july small group & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30am in Studio 4 Cycle & Strength Dawn 7/11 - 7/25 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 7/12 - 7/26 \$20/class 6:00 - 6:45pm in APC Bootcamp Caitlin 7/15 - 7/26 \$15/class	9:15 - 10:00am in APC Kettlebell Athletics Nicole 7/16 - 7/27 \$15/class	5:30 - 6:20am in Studio 1 Kettlebells Circuit Cheryl M. 7/17 - 7/28 \$30/class 9:15 - 10:00am in CR SHRED 45 Nicole 7/17 - 7/28 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Strength Dawn 7/1 - 7/29 no class 7/8 \$20/class	8:10 - 9:00am in APC Kettlebells & Boxing Cheryl M. 7/2 - 7/30 \$30/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 JUNE 20TH</p>			<p>Small Group Training 3-6 participants \$30/class</p>	<p>Team Training 7-12 participants \$15/class (45 mins) \$20/class (50 mins)</p>	<p>Yoga / Specialty Workshops up to 18 participants \$20/class</p>	<p>Teen Training 7-12 participants \$10/class (45 mins)</p>

*All classes are subject to cancellation if less than 2 people are enrolled.

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.