

august

small group & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30am in Studio 4 Cycle & Strength Dawn 8/1 - 8/29 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Tabata Dawn 8/2 - 8/30 \$20/class 6:00 - 6:45pm in APC Bootcamp Caitlin 8/2 - 8/30 \$15/class	9:15 - 10:00am in APC Kettlebell Athletics Nicole 8/3 - 8/31 no class 8/10, 8/24 \$15/class	5:30 - 6:20am in Studio 1 Kettlebells Circuit Cheryl M. 8/4 - 8/25 \$30/class 9:15 - 10:00am in CR SHRED 45 Nicole 8/4 & 8/18 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Stability Ball Dawn 8/5 - 8/26 \$20/class	8:10 - 9:00am in APC Kettlebells & Boxing Cheryl M. 8/6 - 8/20 \$30/class	
<p align="center">*12 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 12 hours notice.</p> <p align="center">REGISTRATION OPENS ON JULY 20TH</p>			<p align="center">Small Group Training 3-6 participants \$30/class</p>	<p align="center">Team Training (45 mins) 7-12 participants \$15/class *class pack available</p>	<p align="center">Team Training (50 mins) up to 8 participants \$20/class</p>	<p align="center">Teen Training 7-12 participants \$10/class</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.