

september

small group & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30am in Studio 4 Cycle & Strength Dawn 9/12 - 9/26 \$15/class 9:15 - 10:00am in CR SHRED 45 Kelly 9/12 - 9/26 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Tabata Dawn 9/6 - 9/27 \$20/class 6:00 - 6:45pm in APC Bootcamp Caitlin 9/6 - 9/27 \$15/class	9:15 - 10:00am in APC Kettlebell Athletics Nicole 9/7 - 9/28 \$15/class	9:15 - 10:00am in CR SHRED 45 Nicole 9/8 - 9/29 \$15/class 5:30 - 6:15pm in APC Bootcamp Linda 9/22 & 9/29 \$15/class	5:45 - 6:35am in Studio 4 Cycle & Stability Ball Dawn 9/9 - 9/30 \$20/class	8:10 - 9:00am in APC Kettlebells & Boxing Cheryl M. 9/3 - 9/24 \$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 AUGUST 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.