

december

small group & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30am in Studio 4 Cycle & Strength Dawn 12/4 - 12/18 \$15/class		5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 12/6 - 12/20 \$15/class	9:30 - 10:15am in CR SHRED 45 Nicole 12/14 - 12/28 \$15/class	5:30 - 6:15am in Studio 1 Muscle Magic Dawn 12/1 - 12/22 \$15/class	8:10 - 8:55am in APC Kettlebells & Boxing Cheryl M. 12/2 - 12/23 \$15/class	9:15 - 10:00am in APC Bootcamp Linda 12/3 - 12/17 \$15/class
9:30 - 10:00am in APC Metcon Liz 12/4 & 12/11 \$10/class		9:30 - 10:15am in APC Level Up (meets 2x/wk) Nicole Returns in Jan 2024 \$259		9:30 - 10:15am in APC Level Up (meets 2x/wk) Nicole Returns in Jan 2024 \$259		
5:30 - 6:15pm in APC Bootcamp Caitlin 12/4 - 12/18 \$15/class		5:30 - 6:15pm in APC Boxing Lauren 12/6 - 12/27 \$15/class				
6:20 - 7:15pm in APC Level Up (meets 2x/wk) Nicole Returns in Jan 2024 \$259		6:20 - 7:15pm in APC Level Up (meets 2x/wk) Nicole Returns in Jan 2024 \$259				
<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>**ENROLLMENTS - NO CANCELLATIONS</p> <p>REGISTRATION OPENS ON NOVEMBER 20TH</p>			<p>Team Training (30 mins) 7-12 participants \$10/class</p>	<p>Team Training (45 mins) 7-12 participants \$15/class *class pack available</p>	<p>**Enrollment 7-12 participants 6 week program/workshop</p>	

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



*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.