

october

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 10/7 - 10/28 no class 10/14 \$15/class	5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 10/1 - 10/29 \$15/class	5:30 - 6:15am in APC Bootcamp Nicole 10/2 & 10/9 \$15/class	5:30 - 6:15am in APC Kickboxing Jessica 10/3 - 10/31 \$15/class	5:30 - 6:15am in Studio 1 Muscle Magic Dawn 10/4 - 10/25 no class 10/11 \$15/class	8:10 - 8:55am in APC Kettlebells & Boxing Cheryl M. 10/5 - 10/26 \$15/class	8:00 - 8:45am in APC Kickboxing Jessica 10/6 - 10/27 \$15/class
9:30 - 10:00am in APC Metcon Liz 10/7 - 10/28 no class 10/21 \$10/class	5:15 - 6:00pm in APC Kickboxing Jessica 10/1 - 10/29 \$15/class	8:30 - 9:15am in APC Level Up (meets 2x/wk) Nicole 9/4 - 10/11 \$259	9:30 - 10:15am in APC SHRED 45 Nicole 10/3 - 10/31 \$15/class	8:30 - 9:15am in APC Level Up (meets 2x/wk) Nicole 9/4 - 10/11 \$259		9:30 - 10:15am in APC Bootcamp Linda 10/6 - 10/27 no class 10/13 \$15/class
5:30 - 6:15pm in APC Bootcamp Caitlin 10/7 - 10/28 \$15/class		6:30 - 7:15pm in APC Level Up (meets 2x/wk) Nicole 9/4 - 10/16 \$259				
6:30 - 7:15pm in APC Level Up (meets 2x/wk) Nicole 9/4 - 10/16 \$259						
<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">**ENROLLMENTS - NO CANCELLATIONS</p> <p align="center">REGISTRATION OPENS ON SEPTEMBER 20TH</p>			<p align="center">Team Training (30 mins) 7-12 participants \$10/class</p>	<p align="center">Team Training (45 mins) 7-12 participants \$15/class *class pack available</p>	<p align="center">**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.