

# january

# team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in Studio 4 <b>Cycle &amp; Strength</b> Dawn 1/6 - 1/27 \$15/class	5:30 - 6:15am in Studio 4 <b>Cycle &amp; Strength</b> Dawn 1/7 - 1/28 \$15/class	5:30 - 6:15am in APC <b>Bootcamp</b> Nicole 1/8 - 1/29 \$15/class	5:30 - 6:15am in APC <b>Kickboxing</b> Jessica 1/2 - 1/23 \$15/class	5:30 - 6:15am in Studio 1 <b>Muscle Magic</b> Dawn 1/3 - 1/31 \$15/class	8:10 - 8:55am in APC <b>Kettlebells &amp; Boxing</b> Cheryl M. 1/4 - 1/25 \$15/class	8:00 - 8:45am in APC <b>Kickboxing</b> Jessica 1/5 - 1/26 \$15/class
9:30 - 10:00am in APC <b>Metcon</b> Liz 1/20 & 1/27 \$10/class	5:30 - 6:15pm in APC <b>Kickboxing</b> Jessica 1/7 - 1/28 \$15/class	8:30 - 9:15am in APC <b>Level Up</b> (meets 2x/wk) Nicole 1/8 - 2/14 \$259	9:30 - 10:15am in CR <b>SHRED 45</b> Nicole 1/2 - 1/30 \$15/class	8:30 - 9:15am in APC <b>Level Up</b> (meets 2x/wk) Nicole 1/8 - 2/14 \$259		9:30 - 10:15am in APC <b>Bootcamp</b> Linda 1/5 - 1/26 \$15/class
5:30 - 6:15pm in APC <b>Bootcamp</b> Caitlin 1/6 - 1/27 \$15/class		10:00 - 10:30am in APC <b>Quickboxing *POP UP*</b> Jessica 1/8 - 1/22 \$10/class		9:30 - 10:30am in APC <b>"M" is for Menopause</b> Janine 1/24 - 2/14 \$99		
6:30 - 7:15pm in APC <b>Level Up</b> (meets 2x/wk) Nicole 1/6 - 2/12 \$259		5:30 - 6:15pm in CR <b>SHRED 45 *POP UP*</b> Nicole 1/15 \$15/class				
		6:30 - 7:15pm in APC <b>Level Up</b> (meets 2x/wk) Nicole 1/6 - 2/12 \$259				
<p align="center"><b>*12 HOUR CANCELLATION POLICY*</b></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"><b>**ENROLLMENTS - NO CANCELLATIONS</b></p> <p align="center"><b>REGISTRATION OPENS ON DECEMBER 20TH</b></p>			<p align="center"><b>Team Training (30 mins)</b> 7-12 participants \$10/class</p>	<p align="center"><b>Team Training (45 mins)</b> 7-12 participants \$15/class *class pack available</p>	<p align="center"><b>**Enrollment</b> 7-12 participants 6 week program/workshop</p>	

To reserve your spot visit our website  
[www.fitnessunlimited.com](http://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.