

# august

# team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC <b>HYROX: Strength + Stamina</b> Stephanie 8/18 \$15/class	5:30 - 6:15am in Studio 4 <b>Cycle &amp; Strength</b> Dawn 8/5 - 8/26 \$15/class  8:30 - 9:15am in APC <b>HYROX: Strength + Stamina</b> Katie 8/12 \$15/class  5:30 - 6:15pm in APC <b>Kickboxing</b> Jessica 8/5 - 8/26 \$15/class	5:30 - 6:15am in Studio 4 <b>Cycle &amp; Strength</b> Dawn 8/6 - 8/27 \$15/class	5:30 - 6:15am in APC <b>Kickboxing</b> Jessica 8/14 - 8/28 \$15/class  8:30 - 9:15am in CR <b>HYROX: Endurance + Power</b> Stephanie 8/28 \$15/class  6:00 - 6:45pm in APC <b>HYROX: Strength + Stamina</b> Katie 8/14 \$15/class	5:30 - 6:15am in Studio 1 <b>Muscle Magic</b> Dawn 8/1 - 8/29 \$15/class  5:30 - 6:15am in APC <b>HYROX: Strength + Stamina</b> Stephanie 8/8 \$15/class	8:10 - 8:55am in APC <b>Kettlebells &amp; Boxing</b> Cheryl M. 8/9 - 8/23 \$15/class  5:30 - 6:15am in APC <b>HYROX: Strength + Stamina</b> Stephanie 8/23 \$15/class	8:00 - 8:45am in APC <b>Kickboxing</b> Jessica 8/10 - 8/24 \$15/class
<p><b>*12 HOUR CANCELLATION POLICY*</b></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><b>**ENROLLMENTS - NO CANCELLATIONS</b></p> <p>REGISTRATION OPENS ON JULY 20TH</p>			<p><b>Team Training (30 mins)</b>            7-12 participants            \$10/class</p>	<p><b>Team Training (45 mins)</b>            7-12 participants            \$15/class            *class pack available</p>	<p><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.