

august

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC HYROX: Strength + Stamina Stephanie 8/18 \$15/class 4:30 - 5:15pm in CR Shred 45 Nicole 8/25 \$15/class	5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 8/5 - 8/26 \$15/class 8:30 - 9:15am in APC HYROX: Strength + Stamina Katie 8/12 \$15/class 5:30 - 6:15pm in APC Kickboxing Jessica 8/5 - 8/26 \$15/class	5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 8/6 - 8/27 \$15/class 6:00 - 6:45pm in APC Bootcamp Nicole 8/13 - 8/27 \$15/class	5:30 - 6:15am in APC Kickboxing Jessica 8/14 - 8/28 \$15/class 8:30 - 9:15am in CR HYROX: Endurance + Power Stephanie 8/28 \$15/class 6:00 - 6:45pm in APC HYROX: Strength + Stamina Katie 8/14 \$15/class	5:30 - 6:15am in Studio 1 Muscle Magic Dawn 8/1 - 8/29 \$15/class 5:30 - 6:15am in APC HYROX: Strength + Stamina Stephanie 8/8 \$15/class	8:10 - 8:55am in APC Kettlebells & Boxing Cheryl M. 8/9 - 8/23 \$15/class 5:30 - 6:15am in APC HYROX: Strength + Stamina Stephanie 8/23 \$15/class	8:00 - 8:45am in APC Kickboxing Jessica 8/10 - 8/24 \$15/class
12 HOUR CANCELLATION POLICY Please check your schedule prior to registering for classes as there are no makeups or refunds for cancellations with less than 12 hours notice. **ENROLLMENTS - NO CANCELLATIONS REGISTRATION OPENS ON JULY 20TH			Team Training (30 mins) 7-12 participants \$10/class	Team Training (45 mins) 7-12 participants \$15/class *class pack available	**Enrollment 7-12 participants 6 week program/workshop	

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.