

september

team training

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|--|
| 5:30 - 6:15am in APC HYROX: Strength + Stamina Stephanie 9/8 - 9/22 \$15/class | 5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 9/2 - 9/30 \$15/class | 5:30 - 6:15am in Studio 4 Cycle & Strength Dawn 9/3 - 9/24 \$15/class | 5:30 - 6:15am in APC Kickboxing Jessica 9/4 - 9/25 \$15/class | 5:30 - 6:15am in Studio 1 Muscle Magic Dawn 9/5 - 9/26 \$15/class | 8:10 - 8:55am in APC Kettlebells & Boxing Cheryl M. 9/6 - 9/27 \$15/class | 8:00 - 8:45am in APC Kickboxing Jessica 9/7 - 9/28 \$15/class |
| 9:30 - 10:00am in APC Metcon Liz 9/8 - 9/29 no class 9/22 \$15/class | 5:30 - 6:15pm in APC Kickboxing Jessica 9/2 - 9/30 \$15/class | 5:30 - 6:15pm in APC HYROX: Strength + Stamina Katie 9/3 - 9/17 \$15/class | 8:30 - 9:15am in CR Shred 45 Nicole 9/4 - 9/25 \$15/class | 5:30 - 6:20am in APC Level Up Nicole 9/5 - 9/19 \$20/class | 9:30 - 10:15am in APC HYROX: Strength + Stamina Stephanie 9/13 \$15/class | |
| 6:30 - 7:20pm in APC Level Up Nicole 9/8 - 9/22 \$20/class | | 6:30 - 7:20pm in APC Level Up Nicole 9/3 - 9/24 \$20/class | | | | |
| <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 AUGUST 20TH</p> | | | | Team Training (30 mins) 7-12 participants \$10/class | Team Training (45 mins) 7-12 participants \$15/class *class pack available | Team Training (50 mins) 7-12 participants \$20/class |

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.