

# february

# team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC <b>Bootcamp: Hyrox Method</b> Stephanie 2/2 - 2/23 no class 2/16 \$15/class	5:15 - 6:00am in Cardio Room <b>Zone 45</b> Jacquie 2/3 - 2/24 \$15/class  5:30 - 6:15am in APC <b>Strictly Strength</b> Dawn 2/3 - 2/24 \$15/class  5:30 - 6:15pm in APC <b>Kickboxing</b> Jessica 2/3 - 2/24 \$15/class	5:30 - 6:15am in APC <b>Stability Ball Strength</b> Dawn 2/4 - 2/25 \$15/class  8:00 - 8:45am in APC <b>Progressive Strength Training</b> Alyssa 2/11 - 3/18 \$108  5:00 - 5:45pm in APC <b>Bootcamp: Hyrox Method</b> Katie 2/4 - 2/25 \$15/class	5:30 - 6:15am in APC <b>Kickboxing</b> Jessica 2/5 - 2/26 \$15/class	5:30 - 6:15am in Studio 1 <b>Strictly Strength</b> Dawn 2/6 - 2/27 \$15/class  5:30 - 6:15am in APC <b>Bootcamp</b> Jess 2/6 - 2/27 no class 2/13 \$15/class  6-6:45pm in APC <b>Galentine's Kickbox &amp; Karaoke</b> Jess 2/13 \$25/class	7:00 - 7:45am in APC <b>Bootcamp</b> Jacquie 2/7 - 2/28 \$15/class  8:10 - 8:55am in APC <b>Kettlebells &amp; Boxing</b> Cheryl M. 2/7 - 2/28 \$15/class	8:00 - 8:45am in APC <b>Kickboxing</b> Jessica 2/1 - 2/22 \$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><b>REGISTRATION OPENS ON JANUARY 20TH</b></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>Team Training (50 mins)</b>            7-12 participants            \$20/class</p>	<p><b>Team Training Enrollment</b>            7-12 participants            4 or 6 week program            Meet 1x/week</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.