

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY   |
|--|--|--|---|--|---|--|
| 5:30 - 6:15am in APC<br><b>Bootcamp: Hyrox Method</b><br>Stephanie<br>6/8 - 6/22<br>\$15/class   | 5:15 - 6:00am in Cardio Room<br><b>Zone 45</b><br>Jacquie<br>6/2 - 6/30<br>\$15/class<br><br>5:30 - 6:15am in APC<br><b>Strictly Strength</b><br>Dawn<br>6/2 - 6/30<br>\$15/class<br><br>8:00 - 8:45am in APC<br><b>Progressive Strength Training</b><br>Jacquie<br>6/2 - 6/30<br>\$90 for 5 weeks<br><br>5:30 - 6:15pm in APC<br><b>Kickboxing</b><br>Jessica<br>6/9 - 6/30<br>\$15/class | 5:30 - 6:15am in APC<br><b>Stability Ball Strength</b><br>Dawn<br>6/3 - 6/24<br>\$15/class<br><br>5:30 - 6:15pm in APC<br><b>Bootcamp: Hyrox Method</b><br>Katie<br>6/3 - 6/24<br>\$15/class | 5:15 - 6:00am in Cardio Room<br><b>Zone 45</b><br>Jacquie<br>6/4 - 6/25<br>\$15/class<br><br>5:30 - 6:15am in APC<br><b>Kickboxing</b><br>Jessica<br>6/4 - 6/25<br>\$15/class | 5:30 - 6:15am in Studio 1<br><b>Strictly Strength</b><br>Dawn<br>6/5 - 6/26<br>\$15/class<br><br>5:30 - 6:15am in APC<br><b>Bootcamp</b><br>Jess<br>6/5 - 6/26<br>\$15/class       | 8:10 - 8:55am in APC<br><b>Kettlebells &amp; Boxing</b><br>Cheryl M.<br>6/6 - 6/27 no class 6/13<br>\$15/class  | 8:00 - 8:45am in APC<br><b>Kickboxing</b><br>Jessica<br>6/7 - 6/28<br>\$15/class |
| <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.<br/> <b>**ENROLLMENTS - NO CANCELLATIONS</b></p> <p align="center"><b>REGISTRATION OPENS ON APRIL 20TH</b></p> |  |  | <p align="center"><b>Team Training (30 mins)</b><br/>                     7-12 participants<br/>                     \$10/class</p>   | <p align="center"><b>Team Training (45 mins)</b><br/>                     7-12 participants<br/>                     \$15/class<br/>                     *class pack available</p> | <p align="center"><b>Team Training Enrollment</b><br/>                     7-12 participants<br/>                     4 or 6 week program<br/>                     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.