

august

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC Bootcamp: Hyrox Method Katie 8/3 - 8/31 \$15/class	5:15 - 6:00am in Cardio Room Zone 45 Jacquie 8/4 - 8/25 \$15/class 5:30 - 6:15am in APC Strictly Strength Dawn 8/4 - 8/25 \$15/class 8:00 - 8:45am in APC Progressive Strength Training Jacquie 8/4 - 8/25 \$72 for 4 weeks 5:30 - 6:15pm in APC Kickboxing Jessica 8/4 - 8/25 \$15/class	5:30 - 6:15am in APC Stability Ball Strength Dawn 8/5 - 8/26 \$15/class 5:30 - 6:15pm in APC Bootcamp: Hyrox Method Katie 8/5 - 8/26 \$15/class 9:00 - 9:45am in APC Progressive Strength Training Jacquie 8/12 - 8/26 \$54 for 3 weeks	5:15 - 6:00am in Cardio Room Zone 45 Jacquie 8/6 - 8/27 \$15/class 5:30 - 6:15am in APC Kickboxing Jessica 8/6 - 8/27 \$15/class	5:30 - 6:15am in Studio 1 Strictly Strength Dawn 8/7 - 8/28 \$15/class 5:30 - 6:15am in APC Bootcamp Jess 8/7 - 8/28 \$15/class	8:10 - 8:55am in APC Kettlebells & Boxing Cheryl M. 8/1 & 8/8 \$15/class	8:00 - 8:45am in APC Kickboxing Jessica 8/2 - 8/30 \$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	Team Training Enrollment 7-12 participants 4 or 6 week program Meet 1x/week	

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.

