

july

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC <b>Bootcamp: Hyrox Method</b> Katie 7/6 - 7/27 \$15/class	5:15 - 6:00am in Cardio Room <b>Zone 45</b> Jacquie 7/7 - 7/28 \$15/class  5:30 - 6:15am in APC <b>Strictly Strength</b> Dawn 7/7 - 7/28 \$15/class  8:00 - 8:45am in APC <b>Progressive Strength Training</b> Jacquie 7/7 - 7/28 \$72 for 4 weeks  5:30 - 6:15pm in APC <b>Kickboxing</b> Jessica 7/6 - 7/27 \$15/class	5:30 - 6:15am in APC <b>Stability Ball Strength</b> Dawn 7/1 - 7/29 \$15/class  5:30 - 6:15pm in APC <b>Bootcamp: Hyrox Method</b> Katie 7/1 - 7/29 \$15/class  9:00 - 9:45am in APC <b>Progressive Strength Training</b> Jacquie 7/8 - 8/5 \$90 for 5 weeks	5:15 - 6:00am in Cardio Room <b>Zone 45</b> Jacquie 7/2 - 7/30 \$15/class  5:30 - 6:15am in APC <b>Kickboxing</b> Jessica 7/2 - 7/30 \$15/class	5:30 - 6:15am in Studio 1 <b>Strictly Strength</b> Dawn 7/3 - 7/31 \$15/class  5:30 - 6:15am in APC <b>Bootcamp</b> Jess 7/3 - 7/31 \$15/class	8:10 - 8:55am in APC <b>Kettlebells &amp; Boxing</b> Cheryl M. 7/1 - 7/25 \$15/class	8:00 - 8:45am in APC <b>Kickboxing</b> Jessica 7/5 - 7/26 \$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.  <b>**ENROLLMENTS - NO CANCELLATIONS</b></p> <p>REGISTRATION OPENS ON JUNE 20TH</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 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.

