

september

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC Bootcamp: Hyrox Method Katie 9/14 - 9/28 \$15/class	5:15 - 6:00am in Cardio Room Zone 45 Jacquie 9/1 - 9/29 \$15/class	5:30 - 6:15am in APC Stability Ball Strength Dawn 9/2 - 9/30 \$15/class	5:15 - 6:00am in Cardio Room Zone 45 Jacquie 9/3 - 9/24 \$15/class	5:30 - 6:15am in Studio 1 Strictly Strength Dawn 9/4 - 9/25 \$15/class	8:15 - 9:00am in APC Kettlebells & Boxing Cheryl M. 9/5 - 9/26 \$15/class	8:00 - 8:45am in APC Kickboxing Jessica 9/6 - 9/27 \$15/class
5:30 - 6:15pm in APC TRX Mobility Flow Lauren 9/14 - 9/28 \$72 for 4 weeks	5:30 - 6:15am in APC Strictly Strength Dawn 9/1 - 9/29 \$15/class	9:00 - 9:45am in APC Progressive Strength Training Jacquie 9/2 - 10/7 \$108 for 6 weeks	5:30 - 6:15am in APC Kickboxing Jessica 9/3 - 9/24 \$15/class	5:30 - 6:15am in APC Bootcamp Jess 9/4 - 9/25 \$15/class		
	8:00 - 8:45am in APC Progressive Strength Training Jacquie 9/1 - 10/6 \$108 for 6 weeks	5:30 - 6:15pm in APC Bootcamp: Hyrox Method Katie 9/2 - 9/30 \$15/class	6:30 - 7:15pm in APC Progressive Strength Training Jacquie 9/3 - 10/8 \$108 for 6 weeks			
	5:30 - 6:15pm in APC Kickboxing Jessica 9/1 - 9/29 \$15/class					
	6:30 - 7:15pm in APC Progressive Strength Training Jacquie 9/1 - 10/6 \$108 for 6 weeks					
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 AUGUST 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.

