november team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC **Bootcamp: Hyrox Method** *Katie* 11/2 - 11/30 $15/class	5:15 - 6:00am in Cardio Room **Zone 45** *Jacquie* 11/3 - 11/24 $15/class	5:30 - 6:15am in APC **Stability Ball Strength** *Dawn* 11/4 - 11/25 no class 11/18 $15/class	5:15 - 6:00am in Cardio Room **Zone 45** *Jacquie* 11/5 - 11/19 $15/class	5:30 - 6:15am in Studio 1 **Strictly Strength** *Dawn* 11/6 - 11/13 $15/class	8:15 - 9:00am in APC **Kettlebells & Boxing** *Cheryl M.* 11/7 - 11/28 $15/class	8:00 - 8:45am in APC **Kickboxing** *Jessica* 11/1 - 11/29 $15/class
	5:30 - 6:15am in APC **Strictly Strength** *Dawn* 11/3 - 11/24 no class 11/17 $15/class	9:00 - 9:45am in APC **Progressive Strength Training** *Jacquie* 10/14 - 11/18 $108 for 6 weeks	5:30 - 6:15am in APC **Kickboxing** *Jessica* 11/5 - 11/19 $15/class	5:30 - 6:15am in APC **Bootcamp** *Jess* 11/6 - 11/20 $15/class		
	8:00 - 8:45am in APC **Progressive Strength Training** *Jacquie* 10/13 - 11/17 $108 for 6 weeks	5:30 - 6:15pm in APC **Bootcamp: Hyrox Method** *Katie* 11/4 - 11/18 $15/class	6:30 - 7:15pm in APC **Progressive Strength Training** *Jacquie* 10/15 - 11/19 $108 for 6 weeks			
	5:30 - 6:15pm in APC **Kickboxing** *Jessica* 11/3 - 11/24 $15/class					
	6:30 - 7:15pm in APC **Progressive Strength Training** *Jacquie* 10/13 - 11/17 $108 for 6 weeks					
			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	

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 OCTOBER 20TH

To reserve your spot visit our website
www.fitnessunlimited.com
or call/stop by the member service desk
617 - 698 - 0260

fitness unlimited
HEALTH CLUB FOR WOMEN

*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.