

october

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15am in APC Bootcamp: Hyrox Method Katie 10/5 - 10/26 \$15/class	5:15 - 6:00am in Cardio Room Zone 45 Jacquie 10/6 - 10/27 \$15/class 5:30 - 6:15am in APC Strictly Strength Dawn 10/6 - 10/27 \$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 Kickboxing Jessica 10/6 - 10/27 \$15/class 6:30 - 7:15pm in APC Progressive Strength Training Jacquie 10/13 - 11/17 \$108 for 6 weeks	5:30 - 6:15am in APC Stability Ball Strength Dawn 10/7 - 10/28 \$15/class 9:00 - 9:45am in APC Progressive Strength Training Jacquie 10/14 - 11/18 \$108 for 6 weeks 5:30 - 6:15pm in APC Bootcamp: Hyrox Method Katie 10/7 - 10/28 \$15/class	5:15 - 6:00am in Cardio Room Zone 45 Jacquie 10/1 - 10/29 \$15/class 5:30 - 6:15am in APC Kickboxing Jessica 10/1 - 10/29 \$15/class 6:30 - 7:15pm in APC Progressive Strength Training Jacquie 10/15 - 11/19 \$108 for 6 weeks	5:30 - 6:15am in Studio 1 Strictly Strength Dawn 10/2 - 10/30 \$15/class 5:30 - 6:15am in APC Bootcamp Jess 10/2 - 10/30 no class 10/23 \$15/class	8:15 - 9:00am in APC Kettlebells & Boxing Cheryl M. 10/3 - 10/31 no class 10/10 \$15/class	8:00 - 8:45am in APC Kickboxing Jessica 10/4 - 10/25 \$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 SEPTEMBER 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.

