


Team Training Programs - April 2019

Team Training class size: 5-15 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM							
5:30-6:15 AM	Afterburn Cheryl M. 4/8-4/29 \$60/session	1	5:30-6:30 AM	Tribe FIT 3* Ann Marie 4/30-6/6 2 day/wk Program	6	5-5:30 AM	Rise & Shine Bootcamp Kimberly 4/3-4/24 \$40/session	6	5:30-6:30 AM	Tribe FIT 3* Ann Marie 4/30-6/6 2 day/wk Program	6	5:30-6:20 AM	HIIT it Hard! Kimberly 4/5-4/26 \$54/session No class on 4/19	C	8:15-9 AM	Boxing Cheryl McD. 4/6-4/27 \$60/session	6	8:15-9 AM	Industrial Strength Linda 4/7-4/28 \$45/session No class on 4/21	6					
5:30-6:30 AM	Tribe FIT 1* Kimberly 4/29-6/5 2 day/wk Program	6	8:30-9:20 AM	Bootcamp Kimberly 4/2-4/30 \$72/session No class on 4/16	6	5:30-6:15 AM	Kettlebell Core Cheryl McD. 4/3-4/24 \$60/session	1	9:30-10:15 AM	Box & TRX Cheryl Ch. 4/4-4/25 \$60/session	6	8:30-9:30 AM	Train Like a Boxer! Ann Marie 4/5-4/26 \$80/session	6											
11:30-12:30 PM	Moving Towards Wellness Cheryl C. & Jane 4/1-4/29 \$35/session	4 & 6	9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 4/30-6/7 2 day/wk Program	6	5:30-6:30 AM	Tribe FIT 1* Kimberly 4/29-6/5 2 day/wk Program	6				9:30-10:30 AM	Tribe FIT 4* Cheryl Ch. 4/30-6/7 2 day/wk Program	6											
						9:00-9:50 AM	HIIT it Hard! Kimberly 4/3-4/24 \$54/session No class on 4/17	C							<p>Studio Locations: 1-Mind/Body Studio 2-Small Group Training Studio 3-Pure Energy Studio 4-Cycle Studio 5-Reformer Studio 6-Athletic Performance Center C-Cardio Room</p>										
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION. <i>Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups.</i></p> <p>REGISTRATION OPENS ON MARCH 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></p> <p> Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com</p>										
6-7 PM	Tribe FIT 2* Cheryl Ch. 4/29-6/5 2 day/wk Program	6	5:30-6:20 PM	HIIT it Hard! Ann Marie 4/2-4/30 \$90/session	C	6-7 PM	Tribe FIT 2* Cheryl Ch. 4/29-6/5 2 day/wk Program	6																	
7-7:30 PM	Boxing Cheryl Ch. 4/1-4/29 \$50/session	6	6:30-7:15 PM	Afterburn Linda 4/9-4/30 \$60/session	6	7-7:45 PM	Afterburn Cheryl Ch. 4/3-4/24 \$60/session	6	<p>*Tribe FIT is a 6 week program that meets 2 days per week.</p> <p>Program cost: \$216</p> <p>Registration for Season 3, 2018 starts on April 15th!</p>																
			7-8 PM	Moving Towards Wellness Cheryl C. & Jane 4/2-4/30 \$35/session	4 & 6																				

Workshops: Ball Rolling & Restorative Yoga with Amy Ross on Friday, April 5th, 2018 - 6:30-8 pm \$20/member \$25/non-member

Class descriptions can be found on our website at www.fitnessunlimited.com

Turn over for Small Group Schedule