

# september

# team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:20am in APC <b>Bootcamp</b> Kimberly 9/9 & 9/16 \$36	5:30 - 6:30am in APC <b>*Tribe FIT 3</b> Ann Marie 9/24 - 10/31 \$216	5:00 - 5:30am in APC <b>Bootcamp</b> Kimberly 9/11 - 9/25 \$30	5:30 - 6:30am in APC <b>*Tribe FIT 3</b> Ann Marie 9/24 - 10/31 \$216	5:30 - 6:20am in CR <b>HIIT it Hard!</b> Kimberly 9/13 & 9/20 \$36	8:15 - 9:00am in APC <b>Boxing</b> Cheryl M. 9/7 - 9/28 \$60	
5:30 - 6:30am in APC <b>*Tribe FIT 1</b> Kimberly 9/23 - 10/30 \$216	8:30 - 9:20am in APC <b>Bootcamp</b> Kimberly 9/10 - 9/24 \$54	5:30 - 6:20am in APC <b>Bootcamp</b> Kimberly 9/11 \$18	9:00 - 9:50am in CR <b>HIIT it Hard!</b> Cheryl C. 9/5 - 9/26 \$72	8:30 - 9:30am in APC <b>Train Like a Fighter!</b> Ann Marie 9/6 - 9/27 \$80	9:30 - 10:15am in APC <b>Bootcamp</b> Lauren 9/14 - 9/28 \$45	
11:30 - 12:30pm in APC <b>Moving Towards Wellness</b> Cheryl C. & Jane 9/9 - 9/30 \$28	9:30 - 10:30am in APC <b>*Tribe FIT 4</b> Cheryl C. 9/24 - 11/01 \$216	5:30 - 6:30am in APC <b>*Tribe FIT 1</b> Kimberly 9/23 - 10/30 \$216		9:30 - 10:30am in APC <b>*Tribe FIT 4</b> Cheryl C. 9/24 - 11/01 \$216		
		5:30 - 6:15am in studio 1 <b>Kettlebell Core</b> Cheryl M. 9/4 - 9/25 \$60				
		9:00 - 9:50am in CR <b>HIIT it Hard!</b> Kimberly 9/11 - 9/25 \$72				
6:00 - 7:00pm in APC <b>*Tribe FIT 2</b> Cheryl C. 9/23 - 10/30 \$216	5:30 - 6:30pm in CR <b>Bootcamp/HIIT it Hard!</b> Ann Marie 9/3 - 9/24 \$80	6:00 - 7:00pm in APC <b>*Tribe FIT 2</b> Cheryl C. 9/23 - 10/30 \$216				
7:00 - 7:30pm in APC <b>Boxing</b> Cheryl C. 9/9 - 9/30 \$40	7:00 - 8:00pm in APC <b>Moving Towards Wellness</b> Cheryl C. & Jane 9/3 - 9/24 \$28	7:00 - 7:45pm in APC <b>Afterburn</b> Cheryl C. 9/4 - 9/25 \$60				



Fitness Unlimited  
 364 Granite Avenue  
 Milton, MA 02186  
 617 - 698 - 0260  
[www.fitnessunlimited.com](http://www.fitnessunlimited.com)

### Workshops:

**Melt Method w/ Katie Oeser** Friday 9/6 6:30 - 8:00 pm \$30/member, \$35/non-member  
**Yin Yoga w/ Amy Ross** Friday 9/27 6:30 - 8:00 pm \$20/member & \$25/non-member

REGISTRATION OPENS ON AUGUST 15TH.  
 Please stop by the member service desk,  
 call the club or register online at  
[www.fitnessunlimited.com](http://www.fitnessunlimited.com)

ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION.  
 Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups.

\*A Pilates consultation is required for any new participant to our reformer program for \$29. See member service desk.

# september

# pilates programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:20am <b>Reformer</b> Danielle 9/9 - 9/30 \$100	5:30 - 6:20am <b>Reformer</b> Cheryl M. 9/3 - 9/24 \$100 6:30 - 7:20am <b>Reformer</b> Cheryl M. 9/3 - 9/24 \$100 8:30 - 9:20am <b>Pilates Circuit</b> Michaela 9/3 - 9/24 \$100	6:00 - 6:50am <b>Reformer</b> Lisa 9/4 - 9/25 \$100	6:00 - 6:50am <b>Reformer</b> Lisa 9/5 - 9/26 \$100 8:10 - 9:00am <b>Reformer</b> Cheryl M. 9/5 - 9/26 \$100 9:30 - 10:20am <b>Reformer</b> Michaela 9/5 - 9/26 \$100	5:00 - 5:50am <b>Reformer</b> Danielle 9/6 - 9/27 \$100 6:00 - 6:50am <b>Reformer</b> Danielle 9/6 - 9/27 \$100 9:30 - 10:20am <b>Reformer</b> Danielle 9/6 - 9/27 \$100	8:00 - 8:50am <b>Reformer</b> Danielle 9/7 - 9/28 \$100 9:00 - 9:50am <b>Reformer</b> Danielle 9/7 - 9/28 \$100	
	10:30 - 11:20am <b>Adv. Reformer</b> Michaela 9/3 - 9/24 \$100					
5:30 - 6:20pm <b>Reformer</b> Pia 9/9 - 9/30 \$100	8:00 - 8:50pm <b>Reformer</b> Danielle 9/10 - 9/24 \$100	5:30 - 6:20pm <b>Reform Barre</b> Pia 9/4 - 10/25 \$100 6:30 - 7:20pm <b>Reformer</b> Pia 9/4 - 9/25 \$100				



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