

April 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Sundry No Class	2 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	3 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	4 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	5 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	6 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	7 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
8 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	9 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	10 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	11 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	12 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	13 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	14 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
15 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	16 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	17 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	18 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	19 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	20 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	21 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
22 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	23 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	24 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	25 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	26 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	27 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	28 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
29 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	30 Strength Day Upper Body 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	1 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	2 Strength Day Lower Body 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	3 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	4 Strength Day Core & Mobility 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	5 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)

NOTES: *No class April 1st Easter Sunday. *A new 4-Week Program begins April 2nd-27th. ICU athletes will perform specific workouts Monday-Friday that are designed to improve strength, endurance, mobility, & focus. Each week the workouts will become increasingly more challenging and give each athlete specific goals to accomplish. Video walkthroughs of each workout will be provided to help you prep the night before and so you can do the workout at home in case you can't make it to class. You are gonna get amazing results and will want to get your friends to do this one with you. More info coming soon!*

Infinite CU
1827 Springer Dr.
Champaign, IL 61821
Classes are held at Song's Kung Fu, Enter Through the Metal Door on the Northeast Side

Boot Camps
Non-Member: \$100
Online: \$75
Current Member: FREE

Monthly Membership Options
12 Months: \$55 a Month
6 Months: \$65 a Month

Paid In Full Membership Options
12 Months: \$660
6 Months: \$390

Class Pass Options
20 Class: \$150
10 Class: \$80
\$10 Drop In

New to Infinite CU?
1st Class is FREE!

We offer PERSONAL TRAINING; Check website for prices.

For more info and to register for training, please visit our website.
www.InfiniteCU.com
PHONE: 217-202-6913