

April 2019

Group Membership Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31	1	2	3	4	5	6	
1st Quarter Assessment Noon-? Bring Food for Potluck 	Chest & Triceps 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Kayce (60 Min)	WEEK 1 of April 4-Week Training Program Legs & Shoulders 5:15 AM w/ Keybeck (45 Min)		Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ April (60 Min)	Back & Biceps 5:15 AM w/ Keybeck (45 Min)	Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
7	8	9	10	11	12	13	
WEEK 2 OF April 4-Week Training Program							
	Total Body 1 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Erin (60 Min)	Total Body 2 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Saleema (60 Min)	Total Body 3 5:15 AM w/ Keybeck (45 Min)	Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)	
14	15	16	17	18	19	20	
WEEK 3 OF April 4-Week Training Program							
	Total Body 1 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Kayce (60 Min)	Total Body 2 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ April (60 Min)	Total Body 3 5:15 AM w/ Keybeck (45 Min)	Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)	
21	22	23	24	25	26	27	
WEEK 4 OF April 4-Week Training Program							
	Total Body 1 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Erin (60 Min)	Total Body 2 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Saleema (60 Min)	Total Body 3 5:15 AM w/ Keybeck (45 Min)	Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Saleema (60 Minutes)	
28	29	30	1	2	3	4	
WEEK 1 of May 4-Week Training Program							
	Total Body 1 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Kayce (60 Min)	Total Body 2 5:15 AM w/ Keybeck (45 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ April (60 Min)	Total Body 3 5:15 AM w/ Keybeck (45 Min)	Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)	

NOTES:

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

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