

August 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
29 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	30 Chest & Back 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	31 Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	1 FINAL WEEK OF JULY 4-Week Program Legs & Abs 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)		2 Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	3 Arms & Shoulders 5:15 AM w/ Keybeck (45 Min)	4 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
5	6 Back & Biceps 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	7 Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Saleema (60 Min)	8 WEEK 1 OF AUGUST 4-Week Program Legs & Shoulders 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)		9 Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	10 Chest & Triceps 5 AM - 7 AM OPEN GYM	11 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
12	13 Back & Biceps 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	14 Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Saleema (60 Min)	15 WEEK 2 OF AUGUST 4-Week Program Legs & Shoulders 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)		16 Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	17 Chest & Triceps 5 AM - 7 AM OPEN GYM	18 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
19	20 Back & Biceps 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	21 Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Saleema (60 Min)	22 WEEK 3 OF AUGUST 4-Week Program Legs & Shoulders 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)		23 Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	24 Chest & Triceps 5 AM - 7 AM OPEN GYM	25 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
26	27 Back & Biceps 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	28 Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Saleema (60 Min)	29 FINAL WEEK OF JULY 4-Week Program Legs & Shoulders 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)		30 Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	31 Chest & Triceps 5 AM - 7 AM OPEN GYM	1 Labor Day Weekend No Class

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**

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