


February 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	29 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	30 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	31 Strength Day Legs & Abs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	1 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	2 Strength Day Arms & Shoulders 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	3 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
4 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema New Years Boot Camp Post-Assessments 1 PM w/ Keybeck	5 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	6 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	7 Strength Day Chest & Back 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	8 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	9 Strength Day Legs & Abs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	10 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
11 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	12 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Kayce (60 Min)	13 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	14 Valentines Day Workout 5:15 AM & 9 AM Bring Your Sweetheart with you for FREE!  7 PM SINGLES WORKOUT! Details Below	15 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	16 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	17 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
18 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	19 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Kayce (60 Min)	20 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	21 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	22 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	23 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	24 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
25 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	26 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Kayce (60 Min)	27 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	28 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	1 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	2 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	3 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)

NOTES: *Special Valentines Day Workout on Feb 14th! Morning 5:15 AM & 9 AM Classes our Members are encouraged to bring their significant others with them for FREE! (its ok if your single you can still attend as well!) We will do a fun partner workout you and your special someone will remember forever. The evening 7 PM Class will be open to all Singles! (again if your not single you can still attend as well) So start inviting all your single friends! We will do a circuit style workout where you change partners at each station. It's kind of like speed dating while working out! Great way to meet other like minded singles and/or just have a great time while you sweat! Directly after workout we will head to Pias Sports Bar & Grill for a few cocktails if there is enough of us up to it!!

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