

# August 2017



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|--|--|--|---|
| 30<br>12 Week Challenge<br>Week 6<br>8 Week Challenge<br>Week 2  | 31<br>Strength Day<br>Legs<br>5:15 AM w/ Erin (45 Min)<br>9 AM w/ Keybeck (60 Min)<br>7 PM w/ April (60 Min)                             | 1<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Erin (45 Min)<br>5:30 PM w/ April (60 Min)  | 2<br>Strength Day<br>Arms/Shoulders & HIIT<br>5:15 AM w/ April (45 Min)<br>9 AM w/ April (60 Min)<br>7 PM w/ April (60 Min)  | 3<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Keybeck (45 Min)<br>5:30 PM w/ Keybeck (60 Min)  | 4<br>Strength Day<br>Push & Pull<br>5:15 AM w/ Keybeck (45 Min)<br>9 AM w/ Keybeck (60 Min)  | 5<br>Total Body Day<br>Outdoor Boot Camp<br>10 AM- w/ Keybeck (60 Minutes)<br>Location TBA                          |
| 6<br>12 Week Challenge<br>Week 7<br>8 Week Challenge<br>Week 3   | 7<br>Strength Day<br>Legs<br>5:15 AM w/ Erin (45 Min)<br>9 AM w/ Keybeck (60 Min)<br>7 PM w/ April (60 Min)                              | 8<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Erin (45 Min)<br>5:30 PM w/ April (60 Min)  | 9<br>Strength Day<br>Arms/Shoulders & HIIT<br>5:15 AM w/ April (45 Min)<br>9 AM w/ April (60 Min)<br>7 PM w/ April (60 Min)  | 10<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Keybeck (45 Min)<br>5:30 PM w/ Keybeck (60 Min) | 11<br>Strength Day<br>Push & Pull<br>5:15 AM w/ Keybeck (45 Min)<br>9 AM w/ Keybeck (60 Min) | 12<br>Total Body Day<br>Outdoor Boot Camp<br>10 AM w/ April (60 Minutes)<br>Location TBA                            |
| 13<br>12 Week Challenge<br>Week 8<br>8 Week Challenge<br>Week 4  | 14<br>Strength Day<br>Legs<br>5:15 AM w/ April (45 Min)<br>9 AM w/ Kayce (60 Min)<br>7 PM w/ Kayce (60 Min)                              | 15<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Erin (45 Min)<br>5:30 PM w/ April (60 Min) | 16<br>Strength Day<br>Arms/Shoulders & HIIT<br>5:15 AM w/ April (45 Min)<br>9 AM w/ April (60 Min)<br>7 PM w/ April (60 Min) | 17<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Keybeck (45 Min)<br>5:30 PM w/ Keybeck (60 Min) | 18<br>Strength Day<br>Push & Pull<br>5:15 AM w/ Keybeck (45 Min)<br>9 AM w/ Keybeck (60 Min) | 19<br>Total Body Day<br>Outdoor Boot Camp<br>10 AM w/ Kayce (60 Minutes)<br>Location TBA                            |
| 20<br>12 Week Challenge<br>Week 9<br>8 Week Challenge<br>Week 5<br>1 PM Challenge Assesments<br>*4, 8, & 12 Week Challengers | 21<br>Strength Day<br>Legs<br>5:15 AM w/ April (45 Min)<br>9 AM w/ Keybeck (60 Min)<br>7 PM w/ Kayce (60 Min)<br>4 Week Challenge Begins | 22<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Erin (45 Min)<br>5:30 PM w/ April (60 Min) | 23<br>Strength Day<br>Arms/Shoulders & HIIT<br>5:15 AM w/ April (45 Min)<br>9 AM w/ April (60 Min)<br>7 PM w/ April (60 Min) | 24<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Keybeck (45 Min)<br>5:30 PM w/ Keybeck (60 Min) | 25<br>Strength Day<br>Push & Pull<br>5:15 AM w/ Keybeck (45 Min)<br>9 AM w/ Keybeck (60 Min) | 26<br>Total Body Day<br>Outdoor Boot Camp<br>10 AM w/ Erin (60 Minutes)<br>Location TBA<br>11 AM Make-Up Assesments |
| 27<br>12 Week Challenge<br>Week 10<br>8 Week Challenge<br>Week 6<br>4 Week Challenge<br>Week 2                               | 28<br>Strength Day<br>Legs<br>5:15 AM w/ April (45 Min)<br>9 AM w/ Keybeck (60 Min)<br>7 PM w/ Kayce (60 Min)                            | 29<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Erin (45 Min)<br>5:30 PM w/ April (60 Min) | 30<br>Strength Day<br>Arms/Shoulders & HIIT<br>5:15 AM w/ April (45 Min)<br>9 AM w/ April (60 Min)<br>7 PM w/ April (60 Min) | 31<br>Conditioning Day<br>Indoor Boot Camp<br>5:15 AM w/ Keybeck (45 Min)<br>5:30 PM w/ Keybeck (60 Min) | 1<br>Strength Day<br>Push & Pull<br>5:15 AM w/ Keybeck (45 Min)<br>9 AM w/ Keybeck (60 Min)  | 2<br>Total Body Day<br>Outdoor Boot Camp<br>10 AM- w/ Kayce (60 Minutes)<br>Location TBA                            |

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

Group Training  
Challenges  
12 Week: \$350  
8 Week: \$250  
4 Week: \$150

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

**NOTES: \*4-Week Challenge Begins August 21st! Register at InfiniteCU.com! \*August 20th will be assement day for all 12, 8, or 4-week challenge participants. \*Make-Up Assesments on August 26th!**