



December 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 End Years Boot Camp Pre-Assesments 1 PM w/ Keybeck	27 Strength Day Lower Body 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	28 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	29 Strength Day Core & Mobility 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	30 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	1 Strength Day Upper Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	2 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
3 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	4 Strength Day Core & Mobility 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	5 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	6 Strength Day Upper Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	7 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	8 Strength Day Lower Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	9 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
10 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	11 Strength Day Core & Mobility 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Keybeck (60 Min)	12 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ April (60 Min)	13 Strength Day Upper Body 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Erin (60 Min)	14 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ April (60 Min)	15 Strength Day Lower Body 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min)	16 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)  5 PM at Jupiters @ the Crossing
17 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	18 Strength Day Core & Mobility 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	19 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	20 Strength Day Upper Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	21 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	22 Strength Day Lower Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	23 End Years Boot Camp Post-Assesments 8:30 AM w/ Keybeck Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
24 Christmas Break No Classes	25 Christmas Day No Classes 	26 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	27 Strength Day Upper Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	28 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	29 Strength Day Lower Body 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	30 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)

NOTES: *FINISH 2017 STRONG! End Years Boot Camp Starts November 26th and ends December 23rd! Pre-Assesments at 1 PM on Nov 26th, Post-Assesments at 8:30 AM on Dec 23rd. For more info and to sign up, please visit our website! *Annual Ugly Sweater Christmas Party at Jupiters 2 @ the Crossing! Dec 16 at 5 PM on the lower level! More info soon! *No Classes on December 24th & 25th for Christmas break.*

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

End Years Boot Camp
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