

January 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 No Class New Years Break	1 No Class New Years Break	2 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	3 Strength Day Legs & Abs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	4 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	5 Strength Day Arms & Shoulders 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	6 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
7 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema New Years Boot Camp Pre-Assesments 1 PM w/ Keybeck	8 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	9 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	10 Strength Day Legs & Abs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	11 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	12 Strength Day Arms & Shoulders 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	13 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
14 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	15 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	16 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	17 Strength Day Legs & Abs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	18 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	19 Strength Day Arms & Shoulders 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	20 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
21 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	22 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	23 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	24 Strength Day Legs & Abs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	25 Conditioning Day Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	26 Strength Day Arms & Shoulders 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	27 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
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 New Years Boot Camp Post-Assesments 8:30 AM w/ Keybeck Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)

NOTES: *No Classes on December 31st & January 1st for New Years break.* New Years Boot Camp Starts January 7th and ends February 3rd! Pre-Assesments at 1 PM on Jan 7th, Post-Assesments at 8:30 AM on February 3rd. For more info and to sign up, please visit our website!*

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**

New 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