

# May 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	30 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	1 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	2 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	3 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	4 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min)	5 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Lori (60 Minutes)
6 NO CLASS	7 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Saleema (60 Min)	8 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	9 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	10 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	11 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min)	12 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
13 MOTHERS DAY NO CLASS	14 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Saleema (60 Min)	15 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	16 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	17 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	18 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min)	19 OUTDOOR WORKOUT! Total Body Conditioning 10 AM- w/ Kayce (60 Minutes) Location TBA PUB RUN 6 PM at PIAS 
20 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	21 4 Week Challenge Day 1 Push 5:15 AM w/ April (45 Min) 7 PM w/ Saleema (60 Min)	22 4 Week Challenge Day 2 Pull 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	23 4 Week Challenge Day 3 Push 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	24 4 Week Challenge Day 4 Pull 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	25 4 Week Challenge Day 5 Push/Pull 5:15 AM w/ April (45 Min)	26 Memorial Day Weekend NO CLASS
27 Memorial Day Weekend NO CLASS	28 Memorial Day The Murph Workout 10 AM w/ all Trainers 	29 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	30 Strength Day Lower Body 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	31 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	1 Strength Day Core & Mobility 5:15 AM w/ April (45 Min)	2 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)

**NOTES: \*Next 4-Week Program begins April 30th- May 25th. ICU athletes will perform specific workouts Monday-Friday that are designed to improve strength, endurance, mobility, & focus. Each week the workouts will become increasingly more challenging and give each athlete specific goals to accomplish. Video walkthroughs of each workout will be provided to help you prep the night before and so you can do the workout at home in case you can't make it to class. You are gonna get amazing results and will want to get your friends to do this one with you. \* NO CLASS on May 6th (Saleema out of town), May 13th for Mothers Day, and May 26/27 for Memorial Day Weekend. \* On Memorial Day May 28th, we will do our annual "The Murph" workout to honor our fallen troops. We will only have one class that day at 10 AM! \* Unfortunately, due to low attendance, we will no longer have the 9 AM workout. \*Dojo will be used by the Kung Fu Academy on May 19th so our Saturday workout will be OUTDOORS as long as weather permits. Location TBA. Also we will try to do the PUB RUN again on**

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!

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For more info and to register for training, please visit our website. [www.InfiniteCU.com](http://www.InfiniteCU.com)  
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