


October 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	FINAL WEEK OF SEPTEMBER 4-Week Program					Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
	Full Body 1 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Saleema (60 Min)	Full Body 2 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Erin (60 Min)	Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	Full Body 3 5 AM - 7 AM OPEN GYM w/Keybeck	
7	8	9	10	11	12	13
	WEEK 1 OF October 4-Week Program					Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
	Full Body 1 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Kayce (60 Min)	Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ April (60 Min)	Full Body 2 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Saleema (60 Min)	Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	Full Body 3 5 AM - 7 AM OPEN GYM w/Keybeck	
14	15	16	17	18	19	20
	WEEK 2 OF October 4-Week Program					Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
	Full Body 1 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Kayce (60 Min)	Cardio & Core 5:15 AM w/ Erin (45 Min) 5:30 PM w/ April (60 Min)	Full Body 2 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Saleema (60 Min)	Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	Full Body 3 5 AM - 7 AM OPEN GYM w/Keybeck	
21	22	23	24	25	26	27
	WEEK 3 OF October 4-Week Program					Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
	Full Body 1 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Kayce (60 Min)	Cardio & Core 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ April (60 Min)	Full Body 2 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Saleema (60 Min)	Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	Full Body 3 5 AM - 7 AM OPEN GYM w/Keybeck	
28	29	30	31	1	2	3
	FINAL WEEK OF October 4-Week Program					Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Saleema (60 Minutes)
	Full Body 1 5 AM - 7 AM OPEN GYM w/Keybeck 7 PM w/ Kayce (60 Min)	Annual PUMP-KIN WORKOUT 5:15 AM w/ April (45 Min)  5:30 PM w/ April (60 Min)	Full Body 2 5 AM - 7 AM OPEN GYM w/Keybeck NO EVENING CLASS FOR HALLOWEEN	Cardio & Core 5:15 AM w/ April (45 Min) 5:30 PM w/ Saleema (60 Min)	Full Body 3 5 AM - 7 AM OPEN GYM w/Keybeck	

NOTES:

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**

Beginner Boot Camps
New Clients: \$100
Recurring Clients: \$75
Check website for details
and start date!

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