

September 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 12 Week Challenge Week 10 8 Week Challenge Week 6 4 Week Challenge Week 2	28 Strength Day Legs 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Kayce (60 Min)	29 Conditioning Day Indoor Boot Camp 5:15 AM w/ Erin (45 Min) 5:30 PM w/ April (60 Min)	30 Strength Day Arms/Shoulders & HIIT 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ April (60 Min)	31 Conditioning Day Indoor Boot Camp 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	1 Strength Day Push & Pull 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	2 Total Body Day Outdoor Boot Camp 10 AM- w/ Kayce (60 Minutes) Location TBA
3 12 Week Challenge Week 11 8 Week Challenge Week 7 4 Week Challenge Week 3	4 Labor Day No Workouts	5 Conditioning Day Indoor Boot Camp 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	6 Strength Day Push & Pull 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	7 Conditioning Day Indoor Boot Camp 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	8 Strength Day Legs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	9 Total Body Day Outdoor Boot Camp 10 AM w/ Keybeck (60 Minutes) Location TBA
10 FINAL WEEK! 12-8-4 Week Challengers	11 Strength Day Arms/Shoulders & HIIT 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	12 Conditioning Day Indoor Boot Camp 5:15 AM w/ Keybeck(45 Min) 5:30 PM w/ Keybeck (60 Min)	13 Strength Day Push & Pull 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ April (60 Min)	14 Conditioning Day Indoor Boot Camp 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	15 Strength Day Legs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	16 Total Body Day Outdoor Boot Camp 10 AM w/ April (60 Minutes) Location TBA
17 FINAL Challenge Assessments *4, 8, & 12 Week Challengers 1 PM @ Infinite CU	18 Strength Day Arms/Shoulders & HIIT 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	19 Conditioning Day Indoor Boot Camp 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	20 Strength Day Push & Pull 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	21 Conditioning Day Indoor Boot Camp 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	22 Strength Day Legs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	23 Total Body Day Outdoor Boot Camp 10 AM w/ Erin (60 Minutes) Location TBA
24	25 Strength Day Arms/Shoulders & HIIT 5:15 AM w/ April (45 Min) 9 AM w/ April (60 Min) 7 PM w/ Kayce (60 Min)	26 Conditioning Day Indoor Boot Camp 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	27 Strength Day Push & Pull 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	28 Conditioning Day Indoor Boot Camp 5:15 AM w/ April (45 Min) 5:30 PM w/ April (60 Min)	29 Strength Day Legs 5:15 AM w/ Keybeck (45 Min) 9 AM w/ Keybeck (60 Min)	30 Total Body Day Outdoor Boot Camp 10 AM- w/ Kayce (60 Minutes) Location TBA

NOTES: *12, 8, & 4 Week Challenge ends on September 17th!!! Final Challenge Assessments will be conducted @ 1 PM! Good Luck!

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