


# July 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	2 Upper Body 5:15 AM w/ April (45 Min) 7 PM w/ Saleema (60 Min)	3 Lower Body 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	4 Independence Day  INDEPENDENCE Day	5 Cardio Conditioning 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	6 Core & Mobility 5:15 AM w/ Keybeck (45 Min)	7 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)
8 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	9 4 Week Challenge Day 1 Core & Stability 5:15 AM w/ April (45 Min) 7 PM w/ Saleema (60 Min)	10 4 Week Challenge Day 2 Strength 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	11 4 Week Challenge Day 3 Core & Stability 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)	12 4 Week Challenge Day 4 Strength 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	13 4 Week Challenge Day 5 Conditioning 5:15 AM w/ Keybeck (45 Min)	14 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes)
15 No Class	16 4 Week Challenge Day 1 Core & Stability 5:15 AM w/ April (45 Min) 7 PM w/ Saleema (60 Min)	17 4 Week Challenge Day 2 Strength 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	18 4 Week Challenge Day 3 Core & Stability 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)	19 4 Week Challenge Day 4 Strength 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	20 4 Week Challenge Day 5 Conditioning 5:15 AM w/ Keybeck (45 Min)	21 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
22 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	23 4 Week Challenge Day 1 Core & Stability 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	24 4 Week Challenge Day 2 Strength 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	25 4 Week Challenge Day 3 Core & Stability 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)	26 4 Week Challenge Day 4 Strength 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	27 4 Week Challenge Day 5 Conditioning 5:15 AM w/ Keybeck (45 Min)	28 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
29 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	30 4 Week Challenge Day 1 Core & Stability 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	31 4 Week Challenge Day 2 Strength 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	1 4 Week Challenge Day 3 Core & Stability 5:15 AM w/ Keybeck (45 Min) 7 PM w/ Erin (60 Min)	2 4 Week Challenge Day 4 Strength 5:15 AM w/ April (45 Min) 5:30 PM w/ Keybeck (60 Min)	3 4 Week Challenge Day 5 Conditioning 5:15 AM w/ Keybeck (45 Min)	4 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes)

**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\**

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!

**We offer PERSONAL TRAINING; Check website for prices.**

For more info and to register for training, please visit our website.  
[www.InfiniteCU.com](http://www.InfiniteCU.com)  
PHONE: 217-202-6913