



March 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	26 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Kayce (60 Min)	27 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	28 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min) 7 PM w/ Erin (60 Min)	1 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	2 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	3 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Kayce (60 Minutes)
4 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	5 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	6 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	7 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	8 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	9 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	10 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Keybeck (60 Minutes) IMPACT PT 11 AM -12 PM
11 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema Spring Boot Camp Begins	12 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	13 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	14 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	15 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	16 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	17 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)
18 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	19 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	20 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	21 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	22 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min) Happy 7th Birthday Infinite CU! 	23 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	24 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ Erin (60 Minutes) PUB RUN! 6 PM @ Pias 
25 Sunday FUNday Workout CIZE: Dance Cardio! 11 AM w/ Saleema	26 Strength Day Legs & Abs 5:15 AM w/ April (45 Min) 7 PM w/ Kayce (60 Min)	27 Conditioning Day Cardio Conditioning 5:15 AM w/ Erin (45 Min) 5:30 PM w/ Keybeck (60 Min)	28 Strength Day Arms & Shoulders 5:15 AM w/ April (45 Min) 7 PM w/ Erin (60 Min)	29 Conditioning Day Cardio Conditioning 5:15 AM w/ Keybeck (45 Min) 5:30 PM w/ Keybeck (60 Min)	30 Strength Day Chest & Back 5:15 AM w/ April (45 Min) 9 AM w/ Keybeck (60 Min)	31 Strength & Conditioning Day Total Body Conditioning 10 AM- w/ April (60 Minutes)

NOTES: *Due to low attendance, starting March 5th we will no longer offer the 9 AM class on Monday & Wednesdays. Will keep 9 am on Fridays. *March 10th IMPACT PT will be on site at 11 AM after our workout to do some FREE injury screenings and let you sample some of the services they provide *March 11 a Spring Boot Camp will begin, more info coming soon! *Social Event: On Saturday March 24th we will have a PUB RUN! Start Time 6 PM. We will have a drink and run/jog/walk/crawl/dab to the following bars: Start at Pias, Hubers, Goldy's, Office II, Pias, then finish at Pia's!

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
PHONE: 217-202-6913