


Small Group Training Programs - April 2019

Small Group Training class size: 3-6 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM		
5:30-6:20 AM	Reformer Danielle 4/1-4/22 \$75/session No class on 4/15	5	8:30-9:20 AM	Reformer Michaela 4/2-4/30 \$100/session No class on 4/23	5	6-6:50 AM	Reformer Lisa 4/3 & 4/10 \$50/session	5	6-6:50 AM	Reformer Lisa 4/4 & 4/11 \$50/session	5	5-5:50 AM	Reformer Danielle 4/5-4/26 \$100/session	5	8-8:50 AM	Reformer Danielle 4/6-4/20 \$75/session	5	8-8:50 AM	Reformer Michaela 4/7-4/28 \$75/session No class on 4/21	5
9:30-10:20 AM	Reformer Danielle 4/1-4/22 \$75/session No class on 4/15	5							9:30-10:20 AM	Reformer Michaela 4/4-4/18 \$75/session	5	6-6:50 AM	Reformer Danielle 4/5-4/26 \$100/session	5	10-10:50 AM	Reformer Danielle 4/6-4/20 \$75/session	5			
												7:30-8:20 AM	Reformer Danielle 4/5-4/26 \$100/session	5						
												9:30-10:20 AM	Reformer Danielle 4/5-4/26 \$100/session	5	<p>Studio Locations: 1-Mind/Body Studio 2-Small Group Training Studio 3-Pure Energy Studio 4-Cycle Studio 5-Reformer Studio 6-Athletic Performance Center</p>					
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE & MUST BE PAID IN FULL AT TIME OF REGISTRATION. <i>Pronated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups</i></p> <p>ALL REFORMER CLASSES REQUIRE A CONSULTATION APPOINTMENT FOR ANY PARTICIPANT THAT IS NEW TO OUR PROGRAM. <i>A one hour session will be scheduled with a trainer for a discounted rate of \$29 prior to your first class.</i></p> <p>REGISTRATION OPENS ON MARCH 15TH. <i>Please stop by the member service desk, call the club or register online at www.fitnessunlimited.com.</i></p>					
5:30-6:20 PM	Reformer Pia 4/1-4/29 \$125/session	5	8-8:50 PM	Reformer Danielle 4/2-4/30 \$125/session	5	5:30-6:20 PM	Reformer Barre Pia 4/3-4/24 \$100/session	5												
						6:30-7:20 PM	Reformer Pia 4/3-4/24 \$100/session	5												
 Fitness Unlimited 364 Granite Avenue Milton, MA 02186 617-698-0260 www.fitnessunlimited.com																				

Workshops: Ball Rolling & Restorative Yoga with Amy Ross on Friday, April 5th, 2018 - 6:30-8 pm \$20/member \$25/non-member