

march

team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30am in APC *Tribe FIT 1 Kimberly 3/9 - 4/15 \$216	5:30 - 6:30am in APC *Tribe FIT 3 Ann Marie 3/10 - 4/16 \$216 8:30 - 9:20am in APC Bootcamp Kimberly 3/3 - 3/31 \$90 9:30 - 10:30am in APC *Tribe FIT 4 Cheryl C. 3/10 - 4/17 \$216	5:00 - 5:30am in APC Express Bootcamp Kimberly 3/11 - 3/25 \$30 5:30 - 6:30am in APC *Tribe FIT 1 Kimberly 3/9 - 4/15 \$216 5:30 - 6:15am in studio 1 Kettlebell Core Cheryl M. 3/4 - 3/25 \$60 9:00 - 9:50am in CR HIIT it Hard! Kimberly 3/11 - 3/25 \$54	5:30 - 6:30am in APC *Tribe FIT 3 Ann Marie 3/10 - 4/16 \$216 9:00 - 9:50am in CR HIIT it Hard! Cheryl C. 3/5 - 3/26 \$72	5:30 - 6:20am in CR HIIT it Hard! Kimberly 3/6 - 3/27 \$72 8:30 - 9:30am in APC Train Like a Fighter! Ann Marie 3/6 - 3/27 \$80 9:30 - 10:30am in APC *Tribe FIT 4 Cheryl C. 3/10 - 4/17 \$216	9:30 - 10:15am in APC Bootcamp Lauren 3/7 - 3/28 \$60	
6:00 - 7:00pm in APC *Tribe FIT 2 Cheryl C. 3/9 - 4/15 \$216 7:00 - 7:30pm in APC Boxing Cheryl C. 3/2 - 3/30 \$50	5:30 - 6:20pm in CR HIIT it Hard! Ann Marie 3/3 - 3/31 \$90 7:00 - 8:00pm in APC Moving Towards Wellness Cheryl C. & Jane 3/3 - 3/31 \$35	6:00 - 7:00pm in APC *Tribe FIT 2 Cheryl C. 3/9 - 4/15 \$216 7:00 - 7:50pm in CR HIIT it Hard! Cheryl C. 3/4 - 3/25 \$72				



Fitness Unlimited
 364 Granite Avenue
 Milton, MA 02186
 617 - 698 - 0260
www.fitnessunlimited.com

Workshops

Limitless Flow w/ Carolyn McDonald & Sandi Weston Saturday 3/7 2:30-4 PM \$20/member \$25/nonmember
Candle Light Reiki & Restore - A Mindful Slow Flow w/ Susie Donahue Friday 3/13 6:30 - 8:00 PM \$20/member \$25/nonmember
Monthly Melt Series w/ Katie Oeser Friday 3/27 6:30 - 8:00 PM \$30/member \$35/nonmember

REGISTRATION OPENS ON FEBRUARY 15TH.
 Please stop by the member service desk,
 call the club or register online at
www.fitnessunlimited.com

ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE &
 MUST BE PAID IN FULL AT TIME OF REGISTRATION.
 Prorated sessions are not permitted. Please check your schedule prior
 to registering as there are no make-ups.

*Tribe FIT is a 6 week program that
 meets 2x/week.
 Registration for Season 2 starts on
 2/24/2020

march

pilates programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:20am Reformer Danielle 3/2 - 3/30 \$125	5:30 - 6:20am Reformer Cheryl M. 3/3 - 3/24 \$100 6:30 - 7:20am Reformer Cheryl M. 3/3 & 3/17 \$50 8:30 - 9:20am Pilates Circuit Michaela 3/3 - 3/31 no class 3/10 \$100	6:00 - 6:50am Reformer Lisa 3/4 - 3/25 \$100	6:00 - 6:50am Reformer Lisa 3/5 - 3/19 \$75 9:30 - 10:20am Reformer Michaela 3/5 - 3/26 \$100 10:30 - 11:20am Reformer Michaela 3/5 - 3/26 \$100	5:00 - 5:50am Reformer Danielle 3/6 - 3/27 \$100 6:00 - 6:50am Reformer Danielle 3/6 - 3/27 \$100	8:00 - 8:50am Reformer Danielle 3/7 - 3/28 \$100 9:00 - 9:50am Reformer Danielle 3/7 - 3/28 \$100	8:00 - 8:50am Pilates Circuit Michaela 3/1 - 3/29 no class 3/8 \$25/class
5:30 - 6:20pm Reformer Pia 3/2 - 3/30 \$125	8:00 - 8:50pm Reformer Danielle 3/3 - 3/31 \$125	6:30 - 7:20pm Reformer Pia 3/4 - 3/25 \$100	4:30 - 5:20pm Reformer Cheryl M. 3/5 & 3/19 \$50 5:30 - 6:20pm Reform Barre Pia 3/5 - 3/26 \$100			



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ALL GROUP REFORMER SESSIONS ARE NON-REFUNDABLE &
 MUST BE PAID IN FULL AT TIME OF REGISTRATION.
 Prorated sessions are not permitted. Please check your schedule prior
 to registering as there are no make-ups.

*A Pilates consultation is required for
 any new participant to our reformer
 program for \$29.
 See member service desk.