

january

semi private & team training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 - 6:25am in Studio 3 Cycle & Strength* Dawn 1/4 - 1/25 \$60/session	5:45 - 6:35am in Studio 4 Cycle & Strength* Dawn 1/5 - 1/26 \$80/session	6:00 - 6:50am in Studio 1 METLIFT* Ann Marie 1/6 - 1/27 \$120/session			8:10-9:00am in Studio 1 Kettlebell Core Cheryl M. 1/9 - 1/30 \$30/class 9:30-10:20am in Studio 1 METLIFT Janene D. 1/2 - 1/30 no class 1/9 \$30/class 10 - 10:50am in APC Teen Fit* Michelle S. 1/9 - 1/30 \$80/session 10:45-11:35am in Studio 1 METLIFT Janene D. 1/2 - 1/30 no class 1/9 \$30/class	
					<p>*24 HOUR CANCELLATION POLICY*</p> <p>Please check your schedule prior to registering for drop in classes as there are no makeups or refunds for cancellations with less than 24 hours notice.</p> <p>REGISTRATION OPENS ON DECEMBER 20TH</p>	

Upon entering the club, please use our sanitation station at the member service desk, have your temperature checked and practice social distancing while waiting to enter your designated studio.

Face coverings/masks are required throughout the duration of class.

To reserve your spot visit our website
www.fitnessunlimited.com
 or call/stop by the member service desk
 617 - 698 - 0260



**Sessions are a month long commitment. Please check your schedule prior to registration as there are no makeups or refunds for missed classes.*

january

pilates programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50am Reformer Danielle 1/4 - 1/25 no class 1/18 \$30/class	5:30 - 6:20am Reformer Cheryl M. 1/5 - 1/26 \$30/class	5:30 - 6:20am Reformer Kimberly 1/6 & 1/13 \$30/class	6:00 - 6:50am Reformer Lisa 1/7 - 1/28 no class 1/14 \$30/class	6:00 - 6:50am Reformer Danielle 1/8 - 1/29 \$30/class	8:00 - 8:50am Intro to Reformer Sandra 1/9 - 1/30 \$20/class	8:00 - 8:50am *Pop Up* Intro to Reformer Sandra 1/10 & 1/24 \$20/class
10:30 - 11:20am Reformer Danielle 1/4 - 1/25 no class 1/18 \$30/class	10:30 - 11:20am Intro to Reformer Susan 1/5 - 1/26 \$20/class		9:00 - 9:50 am HIIT Reformer Kimberly 1/7 & 1/28 \$30/class	9:00 - 9:50 am HIIT Reformer Danielle 1/8 - 1/29 \$30/class	9:00 - 9:50 am *Pop Up* HIIT Reformer Kimberly 1/30 \$30/class	
				10:30 - 11:20am Reformer Danielle 1/8 - 1/29 \$30/class		
		4:30 - 5:20pm Reformer Pia 1/6 - 1/27 \$30/class				
5:30 - 6:20pm Reformer Lisa 1/4 & 1/11 \$30/class	6:30 - 7:20pm Reformer Danielle 1/5 - 1/26 \$30/class	5:30 - 6:20pm Reformer Pia 1/6 - 1/27 \$30/class	5:00 - 5:50pm Intro to Reformer Susan 1/7 - 1/28 \$20/class	<p align="center">*24 HOUR CANCELLATION POLICY*</p> <p align="center">Please check your schedule prior to registering for drop in classes as there are no makeups or refunds for cancellations with less than 24 hours notice.</p> <p align="center">REGISTRATION OPENS ON DECEMBER 20TH</p>		
	7:30 - 8:20pm Reformer Danielle 1/5 - 1/26 \$30/class	6:30 - 7:20pm Reformer Pia 1/6 - 1/27 \$30/class				

Groups are limited to 4 students. Upon entering the club, please use our sanitation station at the member service desk, have your temperature checked and practice social distancing while waiting to enter the reformer studio.
Face coverings/masks and grippy socks are required throughout the duration of class.

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*A Pilates Consultation (\$29) is required prior to joining a reformer class if you have no previous experience. Please inquire at the member service desk for scheduling.