

# october

# pilates programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50am <b>Reformer (All Levels)</b> Danielle 10/4 - 10/25 no class 10/11 \$30/class	5:30 - 6:20am <b>Reformer (All Levels)</b> Cheryl M. 10/5 - 10/26 \$30/class	5:30 - 6:20am <b>Athletic Reformer</b> Kimberly 10/6 - 10/27 \$30/class	6:00 - 6:50am <b>Reformer (Int/Adv)</b> Lisa 10/7 - 10/28 \$30/class	6:00 - 6:50am <b>Reformer (All Levels)</b> Danielle 10/1 - 10/29 \$30/class	8:00 - 8:50am <b>Reformer (Int/Adv)</b> Sandra 10/2 - 10/30 \$30/class	
8:30 - 9:20am <b>Barre Reformer</b> Danielle 10/4 - 10/25 no class 10/11 \$30/class	7:00 - 7:50am <b>Intro to Reformer</b> Cheryl M. 10/5 - 10/26 \$20/class	8:00 - 8:50am <b>Reformer (Int/Adv)</b> Susan 10/6 - 10/27 \$30/class	9:00 - 9:50am <b>Athletic Reformer</b> Kimberly 10/7 - 10/28 \$30/class	7:30 - 8:20 am <b>Reformer (Int/Adv)</b> Danielle 10/1 - 10/29 \$30/class	9:00 - 9:50am <b>Reformer (Int/Adv)</b> Sandra 10/2 - 10/30 \$30/class	
9:30 - 10:20am <b>Reformer (Int/Adv)</b> Susan 10/4 & 10/25 \$30/class	6:30 - 7:20pm <b>Reformer (Int/Adv)</b> Danielle 10/5 - 10/26 \$30/class	9:00 - 9:50am <b>Reformer (Int/Adv)</b> Danielle 10/6 - 10/27 \$30/class	10:00 - 10:50am <b>Intro to Reformer</b> Kimberly 10/21 \$20/class	9:00 - 9:50 am <b>Athletic Reformer</b> Danielle 10/1 - 10/29 \$30/class		
10:30 - 11:20am <b>Reformer (All Levels)</b> Danielle 10/4 - 10/25 no class 10/11 \$30/class		4:30 - 5:20pm <b>Reformer (All Levels)</b> Pia 10/6 - 10/27 \$30/class		10:30 - 11:20am <b>Reformer (All Levels)</b> Danielle 10/1 - 10/29 \$30/class		
5:30 - 6:20pm <b>Reformer (All Levels)</b> Lisa 10/4 - 10/25 no class 10/11 \$30/class		5:30 - 6:20pm <b>Barre Reformer</b> Pia 10/6 - 10/27 \$30/class				
		6:30 - 7:20pm <b>Athletic Reformer</b> Pia 10/6 - 10/27 \$30/class		<p><b>*24 HOUR CANCELLATION POLICY*</b></p> <p>Please check your schedule prior to registering for classes as there are no makeups or refunds for cancellations with less than 24 hours notice.</p> <p><b>REGISTRATION OPENS ON SEPTEMBER 20TH</b></p>		

New Participants (no previous experience) to reformer training are required to schedule a **Pilates Consultation**. Please inquire at the member service desk for scheduling.

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



**Masks:** Face coverings will be optional indoors and outdoors for fully vaccinated members and staff. We ask that those who are non-vaccinated continue to wear their masks and abide by CDC guidelines to keep everyone in our community healthy and safe.