

# december

# pilates programming

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY |
|---|---|--|--|--|---|--------|
| 6:00 - 6:50am<br><b>Reformer (All Levels)</b><br>Danielle<br>12/6 - 12/27<br>\$30/class   | 5:30 - 6:20am<br><b>Reformer (All Levels)</b><br>Cheryl M.<br>12/14 - 12/28<br>\$30/class | 5:30 - 6:20am<br><b>Athletic Reformer</b><br>Kimberly<br>12/1 - 12/15<br>\$30/class  | 6:00 - 6:50am<br><b>Reformer (Int/Adv)</b><br>Lisa<br>12/2 - 12/23<br>\$30/class       | 6:00 - 6:50am<br><b>Reformer (All Levels)</b><br>Danielle<br>12/3 - 12/17<br>\$30/class  | 8:00 - 8:50am<br><b>Reformer (Int/Adv)</b><br>Caitlin<br>12/4 - 12/18<br>\$30/class |        |
| 8:30 - 9:20am<br><b>Barre Reformer</b><br>Danielle<br>12/6 - 12/27<br>\$30/class          | 7:00 - 7:50am<br><b>Intro to Reformer</b><br>Cheryl M.<br>12/14 - 12/28<br>\$20/class     | 8:00 - 8:50am<br><b>Reformer (Int/Adv)</b><br>Susan<br>12/1 - 12/29<br>\$30/class    | 9:00 - 9:50am<br><b>Athletic Reformer</b><br>Kimberly<br>12/2 - 12/16<br>\$30/class    | 7:30 - 8:20 am<br><b>Reformer (Int/Adv)</b><br>Danielle<br>12/3 - 12/17<br>\$30/class  | 9:00 - 9:50am<br><b>Reformer (Int/Adv)</b><br>Caitlin<br>12/4 - 12/18<br>\$30/class |        |
| 9:30 - 10:20am<br><b>Reformer (Int/Adv)</b><br>Susan<br>12/6 - 12/27<br>\$30/class        |   | 9:00 - 9:50am<br><b>Reformer (Int/Adv)</b><br>Danielle<br>12/1 - 12/22<br>\$30/class | 12:15 - 1:00pm<br><b>Lunchtime Reformer</b><br>Cheryl M.<br>12/2 - 12/16<br>\$25/class | 9:00 - 9:50 am<br><b>Athletic Reformer</b><br>Danielle<br>12/3 - 12/17<br>\$30/class   |   |        |
| 10:30 - 11:20am<br><b>Reformer (All Levels)</b><br>Danielle<br>12/6 - 12/27<br>\$30/class |   | 4:30 - 5:20pm<br><b>Reformer (All Levels)</b><br>Pia<br>12/1 & 12/8<br>\$30/class    |  | 10:30 - 11:20am<br><b>Reformer (All Levels)</b><br>Danielle<br>12/3 - 12/17<br>\$30/class  |   |        |
| 5:30 - 6:20pm<br><b>Reformer (All Levels)</b><br>Lisa<br>12/6 & 12/20<br>\$30/class       |   | 5:30 - 6:20pm<br><b>Barre Reformer</b><br>Pia<br>12/1 & 12/8<br>\$30/class           |  |  |   |        |
|   |   |  |  | <p align="center"><b>*12 HOUR CANCELLATION POLICY*</b></p> <p align="center">Please check your schedule prior to registering for classes as there are no makeups or refunds for cancellations with less than 12 hours notice.</p> <p align="center"><b>REGISTRATION OPENS ON NOVEMBER 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.

*\*All classes are subject to cancellation if less than 2 people are enrolled.*

*In the event of a cancellation - the purchased class will remain on your account to be used for a future booking.*

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.