



Finucan Chiropractic

April 2018

Register for classes online at www.finucanchiro.com

Private Lessons Available! Call (607) 621-8285 or Email finucanchiro@gmail.com for Appointments or Questions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Happy Easter!	2 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	3 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 7pm Pilates Equip	4 9:15am Barre 5:45pm Vinyasa Yoga	5 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	6 10:30am Pilates Equip	7 8am Pilates System 9am Pilates Mat 10:15pm Pilates Begin Equip
8 RATES: <i>Pilates Mat \$15</i> <i>10 mat classes \$120</i> <i>(6 mo exp)</i>	9 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	10 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 7pm Pilates Equip	11 9:15am Barre 5:45pm Vinyasa Yoga	12 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	13 10:30am Pilates Equip	14 8am Pilates System 9am Pilates Mat 10:15pm Pilates Begin Equip MELT Method Workshop 1pm – 2:30pm
15 <i>New client special</i> <i>3 private lessons</i> <i>\$135</i>	16 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	17 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 7pm Pilates Equip	18 9:15am Barre 5:45pm Vinyasa Yoga	19 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	20 10:30am Pilates Equip	21 8am Pilates System 9am Pilates Mat 10:15pm Pilates Begin Equip
22 <i>Pilates Equipment</i> <i>\$22</i> <i>5 Equip / \$100</i>	23 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	24 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 7pm Pilates Equip	25 9:15am Barre 5:45pm Vinyasa Yoga	26 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	27 10:30am Pilates Equip	28 8am Pilates System 9am Pilates Mat 10:15pm Pilates Begin Equip Yoga Workshop for Stress, Anxiety and Depression 1pm – 4pm
29 <i>10 private lessons</i> <i>Only \$490</i>	30 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat					