





Finucan Chiropractic

July 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 	2 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	3 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 6:15pm Summer Circuits	4  Happy 4th of July	5 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	6 10:30am Pilates Equip	7 8am Pilates System 9am Pilates Mat
8 RATES: Pilates Mat \$15 10 mat classes \$120 (6 mo exp)	9 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	10 9:45am Pilates Equip 11am Pilates System 3:30pm ACIM Study Circle 5:15pm Barre 6:15pm Summer Circuits	11 9:15am Barre 5:15pm Summer Sizzle Pilates Equip 6:20pm Special Summer Barre Class	12 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	13 10:30am Pilates Equip	14 8am Pilates System 9am Pilates Mat
15 Pilates Equipment \$22 5 Equip / \$100	16 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	17 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 6:15pm Summer Circuits	18 9:15am Barre 5:15pm Summer Sizzle Pilates Equip 6:20pm Special Summer Barre Class	19 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	20 10:30am Pilates Equip	21 8am Pilates System 9am Pilates Mat
22 New client special 3 private lessons \$135	23 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	24 9:45am Pilates Equip 11am Pilates System 3:30pm ACIM Study Circle 5:15pm Barre 6:15pm Summer Circuits	25 9:15am Barre 5:15pm Summer Sizzle Pilates Equip 6:20pm Special Summer Barre Class	26 8:45am Mat Tower Chair 5:30pm Pilates Begin Equip	27 10:30am Pilates Equip	28 8am Pilates System 9am Pilates Mat
29 10 private lessons Only \$490	30 1pm Pilates Begin Equip 5pm Pilates System 6:15pm Pilates Mat	31 9:45am Pilates Equip 11am Pilates System 5:15pm Barre 6:15pm Summer Circuits	