



# Completely Fit 4 Life!

## Nutrition & Weight Loss Management

### Training Schedule...

MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:
7:00 am Group Reformer Pilates <b>*OPEN CLASS*</b>		7:00 am Group Reformer Pilates <b>*OPEN CLASS*</b>		8:15 am Private Reformer Pilates	7:45 am to 10:30am  Tri-training: swim, run, light weight training, pilates
	11:30 am Group Reformer Pilates	9:30 am Private Session		9:30 am Semi-Private Reformer Pilates	
	12:30 pm Group Reformer Pilates	10:00 am Private Session	12:30 pm Group Reformer Pilates	10:30 am Boot Camp	10:30 am <b>Beginning</b> Group Reformer Pilates
			3:30 pm Private Session	11:30 am Private Session	
	4:30 pm Group Reformer Pilates	4:00 pm Private Session	4:30 pm Private Session <b>* Currently Open!</b>	3:30 pm Private Session	
	5:30 pm WOW "Women on Weights"	5:00 pm Group Reformer Pilates	5:30 pm Group Reformer Pilates	4:30 pm Group Reformer Pilates	
	6:30 pm Group Reformer Pilates	6:00 pm Boot Camp		Please <a href="#">email me</a> for MORE class schedules!  <b>NO Classes on Sunday</b>	

*"Life is better when you are healthy & fit. Pass it on!"*

- Linda Moeller -

Training / Class Schedule