



Completely Fit 4 Life!

Nutrition & Weight Loss Management

Training Schedule...

MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:
6:00 am Group Pilates		6:00 am Group Pilates		6:00 am Group Pilates	
7:00 am Group Pilates	8:00 am Group Pilates	7:00 am Group Pilates	8:00 am Group Pilates	7:00 am Group Pilates	
9:00 am Group Pilates	9:15 am Group Pilates	9:00 am Group Pilates	9:30 am Group Pilates	8:00 am Group Pilates	9:00 am Group Reformer
10:00 am Group Pilates	10:30 am Group Pilates	10:00 am Group Pilates	10:30 am Group Pilates	9:00 am Group Pilates	10:00 am Group Reformer
11:30 am Group Pilates	11:30 pm Group Reformer Pilates	12:00 noon Group Pilates	12:30 pm Group Pilates	10:30 am Group Pilates	
5:00 pm Group Pilates	4:30 pm WOW "Women on Weights"	5:00 pm Group Pilates	4:30 pm Group Reformer Pilates	12:00 noon Group Pilates	
	5:30 pm Spin Class (30 minute)		5:30 pm Spin Class (30 minute)	4:00 pm BOOT CAMP (1 Hour)	
6:00 pm Group Pilates	6:00 pm Group Reformer	6:00 pm Group Pilates	6:00 pm Group Pilates	Please email me for MORE class schedules! NO Classes on Sunday	

Private Sessions are Offered Upon Request.

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