

Schedules online at www.ddaonline.com

Call to Schedule your initial Athletic Performance Evaluation

Level 1 Age 7+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am						Level 1
	4:30pm	Level 1	Level 1	Level 1	Level 1	Level 1	
	5:30pm	Level 1	Level 1	Level 1	Level 1	Level 1	
	6:30pm						

Level 2 Age 13+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am						Level 2
	4:30pm	Level 2	Level 2	Level 2	Level 2	Level 2	
	5:30pm	Level 2	Level 2	Level 2	Level 2	Level 2	
	6:30pm						

Level 3 Age 16+	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00am						Level 3
	3:30pm	Level 3	Level 3	Level 3	Level 3	Level 3	
	4:30pm						
	5:30pm						
	6:30pm	Level 3	Level 3	Level 3	Level 3	Level 3	

Adult Bootcamp	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
	10:00am	Bootcamp		Bootcamp		Bootcamp	
	11:00am		Bootcamp		Bootcamp		
	4:30pm	Bootcamp		Bootcamp		Bootcamp	
	5:30pm	Bootcamp		Bootcamp		Bootcamp	

Includes Monthly Performance Evaluation	Adult Bootcamp Small Group Workouts	High Intensity, Weight Loss, Increases Endurance & Confidence
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Please notify your instructor prior to participation if you have health concerns.	Parisi Speed School parisi@ddaonline.com (775) 851-7171 #230	Classes are first come first served. To reserve a spot, call the Front Desk. Cost is \$1. Must have active House Account.
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Effective February 15, 2010

