

Total Fitness



Pilates	Smile!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:00am	Group Reformer	Group Reformer			Group Reformer	Group Reformer		
	7:00am	Mat Pilates					Mat Pilates		
	8:00am	Group Reformer	Group Reformer	Group Reformer	Group Reformer	Group Reformer			
	9:00am						Group Reformer		
	9:30am	Group Reformer	Group Reformer	Jump Reformer	Group Reformer				
	10:30am	Group Reformer	Jump Reformer	Group Reformer	Group Reformer	Group Reformer			
	11:30am	Group Reformer	Group Reformer	Group Reformer	Jump Reformer		Schedules online www.ddaonline.com		
	12:30pm		Group Reformer		Group Reformer				
	4:30pm		Group Reformer		Group Reformer				
	5:00pm	Group Reformer		Group Reformer					
	5:30pm		Group Reformer		Group Reformer				

Performance Bootcamp	Sweat!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		Bootcamp		Bootcamp			
	9:00am	Bootcamp		Bootcamp		Bootcamp	Bootcamp	
	10:00am	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Free Demo Classes Available	
	4:30pm	Bootcamp		Bootcamp		Bootcamp	Please notify Instructor if you have any special health concerns	
	5:30pm	Bootcamp		Bootcamp		Bootcamp		

Total Fitness Membership includes Unlimited Pilates and Performance Bootcamp Starting at \$79/Month

Effective August 2nd 2010