

Group Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Spinning <i>Mary</i>	6:00 AM Core Strength <i>Gina</i>	5:45 AM Spinning <i>Leslie</i>	6:00 AM Kettlebells <i>Gina</i>	5:45 AM Spinning <i>Mary</i>	8:00 AM Body Blend <i>Sue G</i>	
8:30 AM Bar/Bell & Ball <i>Jen S</i>	8:30 AM <i>Gina</i> Dance Tone	8:30 AM Cardio Chisel <i>Erin</i>	8:30 AM <i>Gina</i> Dance Tone	8:30 AM Cardio Chisel <i>Erin</i>	9:00 AM Zumba <i>Christine</i>	8:00 AM Yoga <i>Lara</i>
10:00 AM Barre Pilates Fusion <i>Gina</i>	8:30 Am <i>Sue G</i> Spinning	9:00 AM Spin 101 <i>Sue G</i>	8:30 Am <i>Sue G</i> Spinning	8:45 AM Spinning <i>Gina</i>	9:30 AM Spinning <i>Denise</i>	9:00 AM Spinning <i>Denise</i>
9:45 AM <i>Sue G</i> Stretch & Strength	10:30 AM Core & Balance <i>Sue G</i>	10:00 AM Yogalates <i>Tammy</i>	9:45 AM <i>Sue G</i> Stretch & Strength	10:30 AM Core & Balance <i>Sue G</i>	9:45 AM Cardio Drums <i>Gina</i>	10:00 AM Raise the Bar <i>Claudia</i>
11:30 AM Senior Fitness <i>Gina</i>	10:30 AM Core & Balance <i>Sue G</i>	10:00 AM Yogalates <i>Tammy</i>	10:30 AM Core & Balance <i>Sue G</i>	9:45 AM Cardio Drums <i>Gina</i>	10:00 AM Raise the Bar <i>Claudia</i>	9:00 AM Tighten & Tone <i>Lara</i>
4:30 PM Raise The Bar <i>Claudia</i>	11:45 AM Cardio Drumming <i>Gina</i>	11:30 AM Senior Fitness <i>Tammy</i>	11:45 AM Chair Yoga <i>Rose Marie</i>	11:00 AM Senior Fitness <i>Gina</i>	11:00 AM Yoga <i>Rose Marie</i>	10:00 AM Mat Pilates <i>Denise</i>
	4:30 PM Essential Fitness <i>Claudia</i>	4:30 PM Raise The Bar <i>Claudia</i>	5:00 PM Total Body Circuit <i>Tammy</i>	<p align="center"><i>Specialty Classes-</i></p> <p align="center"></p> <p align="center"><i>Nite Club 2 Step</i> <i>Wed 4/17 & 4/24 @ 6:30 pm</i> <i>w/ Gina</i></p> <p align="center"></p>		
5:30 PM Cardio Barre Sculpt <i>Kerri W</i>	5:30 PM Muscle Max <i>Leslie</i>	5:30 PM Spinning <i>Tammy</i>	5:30 PM Spinning <i>Denise</i>			
6:30 PM Moves & Muscles <i>Kerr W</i>	5:30 PM Spinning <i>Denise</i>	5:30 PM Tighten & Tone <i>Lara</i>	6:30 PM Mat Pilates <i>Denise</i>			

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI
Phone: 401-254-3900 www.TotalFitnessClubs.com