

Group Exercise



April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Julia</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Julia</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Julia</i>	8:00 AM Spinning <i>Julia</i>	8:30 AM Spinning <i>Susan</i>
9:00 AM SPINNING <i>Wendy</i>	8:30 AM Express Abs <i>Wendy</i>	9:00 AM Body Tuning <i>Julie</i>	7:30 AM Total Body Tuneup <i>Michelle</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Strong Nation <i>Ashleigh</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM Total Strength <i>Wendy</i>	9:00 AM Spin & Sculpt <i>Wendy</i>	POP UP! 9:00 AM Tread & Strength <i>Julie</i>	10:00 AM Barre Fit <i>Donna</i>	9:00 AM All Levels Yoga <i>Kendra</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>	10:00 AM Barre <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin	10:00 AM Dance Tone <i>Dawn</i>	
11:00 AM Low Impact <i>Kerri W</i>	10:15 AM Express Spin <i>Wendy</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	10:00 AM Senior Circuit <i>Donna</i>	11:00 AM <i>Wendy</i> Chair Yoga		
				4:00 PM <i>James</i> Bootcamp		
4:30 PM Yoga <i>Kendra</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Gentle Yoga <i>Julie</i>	11:00 AM Moves & Muscles <i>Kerri W</i>	 <p>Cardio Drumming- Mon 4/1 & Tues 4/16 @ 4:30 pm w/ Kendra</p> <p>Tread & Strength-Mon 4/1, 4/15 & 4/29 @ 4:30 pm w/ Julie</p> <p>Spin & Strength- Mon 4/8 & 4/22 @ 4:30 pm w/ Julie</p> <p>Zumba- Sun 4/14 @ 9:30 am w/ Ashleigh</p> <p>Butts, Guts & Guns- Sun 4/21 @ 9:30 am w/ Michelle</p>		
5:30 PM Strong 45 <i>Ashleigh</i>	4:30 PM Mat Pilates <i>Kendra</i>	4:30 PM Bootcamp <i>James</i>	4:30 PM Strength & Core <i>Wendy</i>			
6:15 PM CIRCL Mobility <i>Ashleigh</i>	5:30 PM Zumba <i>Ashleigh</i>	5:30 PM Cardio Barre Sculpt <i>Kerri W</i>	5:30 PM Zumba <i>Cassandra</i>			

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