

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 AM <i>Tammy</i> <b>Express Step</b>	8:30 AM <b>Step</b> <i>Jen S</i>	8:00 AM <b>Express Step</b> <i>Tammy</i>	8:00 AM <b>Express Step</b> <i>Tammy</i>	8:00 AM <b>Boot Camp Circuit</b> <i>Elijah</i>	
8:30 AM <b>Indoor Cycling</b> <i>Tammy</i>	8:30 AM <i>Tammy</i> <b>Core &amp; More</b>	9:30 AM <b>Zumba</b> <i>Kerri W</i>	8:30 AM <b>Raise the Bar</b> <i>Tammy</i>	8:30 AM <b>Total Body Blast</b> <i>Tammy</i>	9:00 AM <b>Indoor Cycling</b> <i>Tammy</i>	8:00 AM <b>Indoor Cycling</b> <i>Carol Ann</i>
9:30 AM <b>Total Body Blast</b> <i>Tammy</i>	9:30 AM <i>Kerri W</i> <b>Pilates Sculpt</b>	9:30 AM <b>Indoor Cycling</b> <i>Maribeth</i>	9:30 AM <b>Moves &amp; Muscles</b> <i>Kerri W</i>	9:30 AM <b>Yogalates</b> <i>Nancy</i>	9:00 AM <b>Step &amp; Sculpt</b> <i>Jean</i>	9:30 AM <b>Beginner Yoga</b> <i>Marie</i>
10:30 AM <b>Lo Impact</b> <i>Mary Ann</i>	10:30 AM <i>Mary Ann</i> <b>Cardio Drums</b>	10:30 AM <b>Yogalates</b> <i>Cheryl</i>	10:30 AM <b>Pilates Stretch</b> <i>Cheryl</i>	10:30 AM <b>Zumba</b> <i>Kerri W</i>	10:00 AM <b>Total Body Blast</b> <i>Tammy</i>	
	11:30 AM <i>Cheryl</i> <b>Stretch &amp; Strength</b>	11:30 AM <b>Senior Sculpt</b> <i>Deb</i>		11:30 AM <b>Ageless Activity</b> <i>Kerri W</i>	11:00 AM <b>Yoga</b> <i>Tammy</i>	
4:30 PM <b>Total Body Ball</b> <i>Marie</i>	4:30 PM <i>Kerri W</i> <b>Barre Sculpt</b>	4:30 PM <b>Yoga Stretch</b> <i>Marie</i>	4:30 PM <b>Step</b> <i>Erin</i>	 <p><b>FRIDAY NIGHT LIGHTS:</b>  <b>Cardio Drumming- Fri 4/19 @ 5:30 pm</b>  <b>w/ Mary Ann</b></p>  <p><b>Old School Aerobics &amp; Sculpt- Sun 4/28 @ 8:30 am</b>  <b>w/ Jean B</b></p>		
5:30 PM <b>Indoor Cycling</b> <i>Carol Ann</i>	4:30 PM <i>Christine M</i> <b>Gears &amp; Guns</b>	5:30 PM <b>Total Body Burn</b> <i>Carol Ann</i>	4:30 PM <b>Gears &amp; Guns</b> <i>Christine M</i>			
5:30 PM <b>Raise the Bar</b> <i>Jeanine</i>	5:30 PM <i>Sue S</i> <b>Moves &amp; Muscles</b>	6:30 PM <b>Dance Tone</b> <i>Carol Ann</i>	5:30 PM <b>Kick &amp; Sculpt</b> <i>Sherri G</i>			

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