

# Group Exercise



# MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <b>Sunrise Spin</b> <i>Julia</i>	5:30 AM <b>Bootcamp</b> <i>Pam</i>	5:30 AM <b>Sunrise Spin</b> <i>Julia</i>	5:30 AM <b>Bootcamp</b> <i>Pam</i>	5:30 AM <b>Sunrise Spin</b> <i>Julia</i>	8:00 AM <b>Spinning</b> <i>Julia</i>	8:30 AM <b>Spinning</b> <i>Susan</i>
9:00 AM <b>SPINNING</b> <i>Wendy</i>	8:30 AM <b>Express Abs</b> <i>Wendy</i>	9:00 AM <b>Body Tuning</b> <i>Julie</i>	7:30 AM <b>Total Body Tuneup</b> <i>Michelle</i>	9:00 AM <b>Raise the Bar</b> <i>Wendy</i>	8:00 AM <b>Strong Nation</b> <i>Ashleigh</i>	
9:00 AM <b>Pilates Sculpt</b> <i>Donna</i>	9:00 AM <b>Total Strength</b> <i>Wendy</i>	9:00 AM <b>Spin &amp; Sculpt</b> <i>Wendy</i>	<b>POP UP!</b> 9:00 AM <b>Tread &amp; Strength</b> <i>Julie</i>	10:00 AM <b>Barre Fit</b> <i>Donna</i>	9:00 AM <b>All Levels Yoga</b> <i>Kendra</i>	
10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	10:00 AM <b>Mat Madness</b> <i>Maribeth</i>	10:00 AM <b>Barre</b> <i>Donna</i>	9:00 AM <b>Power Yoga</b> <i>Donna</i>	10:15 AM <i>Wendy</i> <b>Express Spin</b>	10:00 AM <b>Dance Tone</b> <i>Dawn</i>	
11:00 AM <b>Low Impact</b> <i>Kerri W</i>	10:15 AM <b>Express Spin</b> <i>Wendy</i>	11:00 AM <b>Pilates Sculpt</b> <i>Kerri W</i>	10:00 AM <b>Senior Circuit</b> <i>Donna</i>	11:00 AM <i>Wendy</i> <b>Chair Yoga</b>		
				4:00 PM <i>James</i> <b>Bootcamp</b>		
4:30 PM <b>Yogalates</b> <i>Kendra</i>	11:00 AM <b>Senior Fitness</b> <i>Wendy</i>	4:30 PM <b>Stretch &amp; Strengthen</b> <i>Julie</i>	11:00 AM <b>Moves &amp; Muscles</b> <i>Kerri W</i>	<div style="background-color: #808080; color: white; padding: 5px; text-align: center;"><b>SPECIALTY CLASSES</b></div> <p>Zumba- Sun 5/5 &amp; 5/19 @ 9:30 am w/ Ashleigh</p> <p>Boot Camp- Sat 5/4 &amp; 5/25 @ 7:00 am w/ Kim A</p> <p>Spin &amp; Sculpt- Mon 5/6 &amp; 5/20 @ 4:30 pm w/ Julie</p> <p>MEMORIAL DAY: Mon 5/27 Yogalates- 8:00 am w/ Maribeth Spin-9:00 am w/ Wendy</p>		
5:30 PM <b>Strong 45</b> <i>Ashleigh</i>	4:30 PM <b>POP UP!</b> <b>Cardio Drumming</b> <i>Kendra</i>	4:30 PM <b>Bootcamp</b> <i>James</i>	4:30 PM <b>Strength &amp; Core</b> <i>Wendy</i>			
6:15 PM <b>CIRCL Mobility</b> <i>Ashleigh</i>	5:30 PM <b>Zumba</b> <i>Ashleigh</i>	5:30 PM <b>Cardio Barre Sculpt</b> <i>Kerri W</i>	<b>POP UP!</b> 5:30 PM <b>Moves &amp; Muscles</b> <i>Kerri W</i>			

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Tread & Strength- Thursday's @ 9:00 am  
w/ Julie: 5/2, 5/9, 5/23 & 5/30 only.