

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 AM <i>Tammy</i> Express Step	8:30 AM Step <i>Jen S</i>	8:00 AM Express Step <i>Tammy</i>	8:00 AM Butts & Guts <i>Tammy</i>	8:00 AM Boot Camp Circuit <i>Elijah</i>	
8:30 AM Indoor Cycling <i>Tammy</i>	8:30 AM <i>Tammy</i> Core & More	9:30 AM Zumba <i>Kerri W</i>	8:30 AM Raise the Bar <i>Tammy</i>	8:30 AM Total Body Blast <i>Tammy</i>	9:00 AM Indoor Cycling <i>Tammy</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
9:30 AM Total Body Blast <i>Tammy</i>	9:30 AM Pilates Sculpt <i>Kerri W</i>	9:30 AM Indoor Cycling <i>Maribeth</i>	9:30 AM Moves & Muscles <i>Kerri W</i>	9:30 AM Yogalates <i>Nancy</i>	9:00 AM Step & Sculpt <i>Jean</i>	9:30 AM Beginner Yoga <i>Marie</i>
10:30 AM Lo Impact <i>Mary Ann</i>	10:30 AM Cardio Drums <i>Mary Ann</i>	10:30 AM Yogalates <i>Cheryl</i>	10:30 AM Pilates Stretch <i>Cheryl</i>	10:30 AM Zumba <i>Kerri W</i>	10:00 AM Total Body Blast <i>Tammy</i>	
	11:30 AM Stretch & Strength <i>Cheryl</i>	11:30 AM Senior Sculpt <i>Deb</i>		11:30 AM Ageless Activity <i>Kerri W</i>	11:00 AM Yoga <i>Tammy</i>	
4:30 PM Total Body Ball <i>Marie</i>	4:30 PM Barre Sculpt <i>Kerri W</i>	4:30 PM Yoga Stretch <i>Marie</i>	4:30 PM Step <i>Erin</i>	 <p>Friday Night Lights- 5/17 @ 5:30 pm Cardio Drumming- w/ Mary Ann</p> <p>Chair Stretch- Mon 5/6 @ 11:30 am w/ Mary Ann</p> <p>MEMORIAL DAY- Mon- 5/27 Power Sculpt- 8:30 am w/ Michelle</p>		
5:30 PM Indoor Cycling <i>Carol Ann</i>	4:30 PM Gears & Guns <i>Christine M</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	4:30 PM Gears & Guns <i>Christine M</i>			
5:30 PM Raise the Bar <i>Jeanine</i>	5:30 PM Moves & Muscles <i>Sue S</i>	6:30 PM Dance Tone <i>Carol Ann</i>	5:30 PM Kick & Sculpt <i>Sherri G</i>			
<p>Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com</p>						