

Group Exercise



DARTMOUTH



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>	7:00 AM Bootcamp <i>Kim</i>	8:30 AM Spinning <i>Susan</i>
9:00 AM SPINNING <i>Wendy</i>	8:30 AM <i>Wendy</i> Express Abs	9:00 AM Body Tuning <i>Julie</i>		9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Spinning <i>Kim</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM <i>Wendy</i> Total Strength	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>	8:00 AM Strong Nation <i>Ashleigh</i>	
10:00 AM Gentle Yoga <i>Donna</i>	9:00 AM <i>Julie</i> Tread & Strength	10:00 AM Barre <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin	9:00 AM All Levels Yoga <i>Kendra</i>	
11:00 AM Low Impact <i>Kerri W</i>	10:00 AM <i>Maribeth</i> Mat Madness	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	10:00 AM Dance Tone <i>Dawn</i>	
	10:15 AM <i>Wendy</i> Express Spin			4:00 PM <i>James</i> Bootcamp		
4:30 PM Yogalates <i>Kendra</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Strength & Mobility <i>Julie</i>	11:00 AM Moves & Muscles <i>Kerri W</i>	SPECIALTY CLASSES: Zumba- Sun 7/14 & 7/28 @ 8:30 am w/ Ashleigh 80's Theme Spin- Tues 7/16 @ 5:30 pm w/ Maribeth POP UP  CLASSES Zumba- Every Friday @ 8:00 am w/ Ashleigh Tread & Strength- Every Tues & Thurs @ 9:00 am w/ Julie		
5:30 PM Strong 45 <i>Ashleigh</i>	4:30 PM Cardio Drumming <i>Kendra</i>	4:30 PM Bootcamp <i>James</i>	4:30 PM Body Blend <i>Kerri W</i>			
6:15 PM CIRCL Mobility <i>Ashleigh</i>		5:30 PM Cardio Barre Sculpt <i>Kerri W</i>	5:30 PM Moves & Muscles <i>Kerri W</i>			

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