

Group Exercise



August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Spinning <i>Mary</i>	6:00 AM Core Strength <i>Gina</i>	5:45 AM Spinning <i>Leslie</i>	6:00 AM Kettlebells <i>Gina</i>	5:45 AM Spinning <i>Mary</i>		
8:30 AM Bar/Bell & Ball <i>Jen S</i>	8:30 AM <i>Gina</i> Dance Tone	8:30 AM Cardio Chisel <i>Erin</i>	8:30 AM <i>Gina</i> Dance Tone	8:30 AM Cardio Chisel <i>Erin</i>	8:00 AM Body Blend <i>Sue G</i>	8:00 AM Yoga <i>Lara</i>
10:00 AM Barre Pilates Fusion <i>Gina</i>	8:30 Am <i>Sue G</i> Spinning	9:00 AM Spin 101 <i>Sue G</i>	8:30 Am <i>Sue G</i> Spinning	8:45 AM Spinning <i>Gina</i>	9:00 AM Zumba <i>Alexandra</i>	9:00 AM Spinning <i>Denise</i>
11:30 AM Senior Fitness <i>Gina</i>	9:45 AM <i>Sue G</i> Stretch & Strength	10:00 AM Yogalates <i>Tammy</i>	9:45 AM <i>Sue G</i> Stretch & Strength	9:45 AM Cardio Drums <i>Gina</i>	9:30 AM Spinning <i>Denise</i>	9:00 AM Tighten & Tone <i>Lara</i>
	11:45 AM Senior Fitness <i>Gina</i>	11:30 AM Senior Fitness <i>Tammy</i>	11:45 AM Chair Yoga <i>Rose Marie</i>	11:00 AM Senior Fitness <i>Gina</i>	10:00 AM Raise the Bar <i>Claudia</i>	10:00 AM Mat Pilates <i>Denise</i>
4:30 PM Raise The Bar <i>Claudia</i>		4:30 PM Raise The Bar <i>Claudia</i>	5:00 PM Total Body Circuit <i>Tammy</i>	<h2>Specialty Classes:</h2> <p>Boot Camp @ Independence Park Saturday's 7:00 am w/ Adriana</p> 		
5:30 PM Cardio Barre Sculpt <i>Kerri W</i>	5:30 PM Spinning <i>Denise</i>	5:30 PM Tighten & Tone <i>Lara</i>	5:30 PM Spinning <i>Denise</i>			
6:30 PM Moves & Muscles <i>Kerr W</i>	6:00 PM Zumba <i>Alexandra</i>					

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