

# Group Exercise



# NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM <b>Spinning</b> <i>Vicki</i>	6:00 AM <b>Core Strength</b> <i>Gina</i>	5:45 AM <b>Spinning</b> <i>Leslie</i>	6:00 AM <b>Kettlebells</b> <i>Gina</i>	5:45 AM <b>Spinning</b> <i>Vicki</i>		
8:30 AM <b>Bar/Bell &amp; Ball</b> <i>Jen S</i>	8:30 AM <i>Gina</i> <b>Dance Tone</b>	8:30 AM <b>Cardio Chisel</b> <i>Erin</i>	8:30 AM <i>Gina</i> <b>Dance Tone</b>	8:30 AM <b>Cardio Chisel</b> <i>Erin</i>	8:00 AM <b>Body Blend</b> <i>Sue G</i>	8:00 AM <b>Yoga</b> <i>Lara</i>
10:00 AM <b>Barre Pilates Fusion</b> <i>Gina</i>	8:30 Am <i>Sue G</i> <b>Spinning</b>	9:00 AM <b>Spin 101</b> <i>Sue G</i>	8:30 Am <i>Sue G</i> <b>Spinning</b>	8:30 AM <b>Spinning</b> <i>Gina</i>	9:00 AM <b>Zumba</b> <i>Alexandra</i>	9:00 AM <b>Spinning</b> <i>Denise</i>
11:30 AM <b>Senior Fitness</b> <i>Gina</i>	10:30 AM <b>Core &amp; Balance</b> <i>Sue G</i>	10:00 AM <b>Yogalates</b> <i>Tammy</i>	10:30 AM <b>Core &amp; Balance</b> <i>Sue G</i>	9:45 AM <b>Cardio Drums</b> <i>Gina</i>	9:30 AM <b>Spinning</b> <i>Denise</i>	9:00 AM <b>Tighten &amp; Tone</b> <i>Lara</i>
	11:45 AM <b>Senior Fitness</b> <i>Gina</i>	11:30 AM <b>Senior Fitness</b> <i>Tammy</i>	11:45 AM <b>Chair Yoga</b> <i>Rose Marie</i>	11:00 AM <b>Senior Fitness</b> <i>Gina</i>	10:00 AM <b>Raise the Bar</b> <i>Claudia</i>	10:00 AM <b>Pilates Fusion</b> <i>Denise</i>
4:30 PM <b>Raise The Bar</b> <i>Claudia</i>	5:00 PM <b>Muscle Max</b> <i>Andrea</i>	4:30 PM <b>Raise The Bar</b> <i>Claudia</i>	5:00 PM <b>Muscle Max</b> <i>Andrea</i>	<h2>Specialty Classes:</h2> <p><b>Pop Up Class-</b> Spin- Wednesday's @ 5:30 pm w/ Crystal</p> <p><b>Thanksgiving-</b></p> <p>Mash Up- Thurs 11/28 @8:30 am w/ Denise B</p>  		
5:30 PM <b>Cardio Barre Sculpt</b> <i>Kerri W</i>	5:30 PM <b>Spinning</b> <i>Denise</i>	5:30 PM <b>Tighten &amp; Tone</b> <i>Lara</i>	5:30 PM <b>Spinning</b> <i>Denise</i>			
6:30 PM <b>Moves &amp; Muscles</b> <i>Kerr W</i>	6:00 PM <b>Zumba</b> <i>Alexandra</i>					

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI

Phone: 401-254-3900 [www.TotalFitnessClubs.com](http://www.TotalFitnessClubs.com)