








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	8:00 AM <i>Tammy</i> Express Step	5:30 AM <i>Christine</i> Cycle & Sculpt	8:00 AM Express Step <i>Tammy</i>	5:30 AM <i>Christine</i> Cycle 45	8:00 AM Boot Camp Circuit <i>Elijah</i>	
9:00 AM Timeless Tone & Flow <i>Tammy</i> <small>90-min</small>	8:30 AM <i>Tammy</i> Raise the Bar	8:30 AM <i>Jen S</i> Step	8:30 AM Raise the Bar <i>Tammy</i>	8:00 AM <i>Tammy</i> Express Cardio Kick	9:00 AM Indoor Cycling <i>Christine</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
10:30 AM Lo Impact <i>Mary Ann</i>	9:30 AM Pilates Sculpt <i>Kerri W</i>	9:30 AM <i>Kerri W</i> Zumba	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 Cardio Drums <i>Mary Ann</i>	10:30 AM Indoor Cycling <i>Maribeth</i>	10:30 AM Pilates Stretch <i>Cheryl</i>	10:30 AM Zumba <i>Kerri W</i>	10:00 AM Total Body Blast <i>Nadine</i>	
	11:30 AM Stretch & Strength <i>Cheryl</i>	10:30 AM Yogalates <i>Cheryl</i>		11:30 AM Ageless Activity <i>Kerri W</i>		
4:30 PM Total Body Ball <i>Marie</i>	4:30 PM Barre Sculpt <i>Kerri W</i>	11:30 AM Senior Sculpt <i>Deb</i>				
5:30 PM Indoor Cycling <i>Carol Ann</i>	4:30 PM Gears & Guns <i>Christine M</i>	4:30 PM Yoga Stretch <i>Marie</i>	4:30 PM Step <i>Erin</i>			
6:30 PM Raise the Bar <i>Jeanine</i>		5:30 PM Total Body Burn <i>Carol Ann</i>	5:30 PM Raise the Bar <i>Jeanine</i>			
Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com				 <p>Pop Up Class: <i>Tread & Shead- Thursday's 10:00 am w/ Nadine</i></p> <p>Friday Night Lights: <i>Cardio Drumming Party- Fri 12/13 @ 5:30 pm w/ Mary Ann</i></p> <p>Holiday Classes: <i>Jingle Ball Blitz-nTues 12/24 @ 8:00 am w/ Nadine</i> <i>20/20/20- Tues 12/24 @ 8:00 am w/ Jeannine</i> <i>Beginner Step- Thurs 12/26 @ 9:30 am w/ Erin C</i> <i>Step- Thurs 12/26 @ 4:30 pm w/ Erin C</i></p> <p><i>Happy New Year</i></p> <p><i>NewYears Day Spin & Sculpt- Wed 1/1 @ 9:30 am w/ Nadine (90-min class-45 min each)</i></p> 