

**Group
Exercise**



FEBRUARY



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>Sue B</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Julia</i>	7:00 AM Bootcamp <i>Michelle</i>	8:30 AM Spinning <i>Susan</i>
8:00 AM TRX Circuit <i>Julie</i>	8:30 AM Wendy Express Abs	9:00 AM Body Tuning <i>Julie</i>	8:00 AM Foam Rolling <i>Julie</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Spinning <i>Michelle</i>	
9:00 AM SPINNING <i>Wendy</i>	9:00 AM Wendy Total Strength	9:00 AM Spin & Sculpt <i>Wendy</i>	9:00 AM Tread & Strength <i>Julie</i>	10:00 AM Barre Fit <i>Donna</i>	9:00 AM All Levels Yoga <i>Kendra</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM Tread & Strength <i>Julie</i>	10:00 AM Barre <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:15 AM Wendy Express Spin	10:00 AM Dance Tone <i>Dawn</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	10:00 AM Senior Circuit <i>Donna</i>	11:00 AM Wendy Chair Yoga		
	10:15 AM Wendy Express Spin			4:00 PM James Bootcamp		
11:00 AM Low Impact <i>Kerri W</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Bootcamp <i>James</i>	11:00 AM Moves & Muscles <i>Kerri W</i>	<p align="center">Specialty Classes:</p> <p align="center"><i>Dance Tone- Wed 2/5 & 2/19 @ 6:30 pm w/ Dawn</i></p> <p align="center"><i>Pilates Sculpt- Sat 2/8 @ 8:00 am w/ Maribeth</i></p> <p align="center"><i>Spin Through The Decades- Mon 2/10 @ 4:00 pm w/ Maribeth</i></p> <p align="center"><i>Valentine Zumba- Sun 2/16 @ 9:30 am w/ Ashleigh</i></p> <p align="center"><i>Strong Nation- Sat 2/22 @ 8:00 am w/ Ashleigh</i></p> <p align="center">P P-UP CLASSES:</p> <p align="center"><i>TRX Circuit - Every Mon. @8am w/Julie</i></p> <p align="center"><i>Spin 45 - Every Wed. @ 5:30pm w/Nadine</i></p> <p align="center"><i>Foam Rolling - Every Thurs. @ 8am w/Julie</i></p>		
4:30 PM Yogalates <i>Kendra</i>	4:30 PM Yoga Sculpt <i>Kendra</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>	4:30 PM Body Blend <i>Kerri W</i>			
5:30 PM Strong Mobility <i>Ashleigh</i> (75-min)	5:30 PM Zumba <i>Ashleigh</i>	5:30 PM Spin 45 <i>Nadine</i>	5:30 PM Moves & Muscles <i>Kerri W</i>			

**Dartmouth Total Fitness- 360 Faunce Corner Rd
Dartmouth, Mass. 02747**

Phone: 508- 995-5600 www.totalfitnessclubs.com