

Group Exercise



March



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>Vicki</i>	7:00 AM Step <i>Crystal</i>	
8:30 AM Body Tuning <i>Jen S</i>	8:30 AM <i>Gina</i> Dance Tone	8:30 AM <i>Erin</i> Cardio Chisel	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>
8:30 AM Spinning <i>Nadine</i>	8:30 Am <i>Sue G</i> Spinning	9:00 AM <i>Sue G</i> Spin 101	8:30 Am <i>Sue G</i> Spinning	8:30 AM Spinning <i>Gina</i>	9:00 AM Zumba <i>Alexandra</i>	9:00 AM Spinning <i>Denise</i>
10:00 AM Barre Pilates Fusion <i>Gina</i>	9:45 AM <i>Sue G</i> Stretch & Strength	10:00 AM <i>Tammy</i> Yoga-Lates	9:45 AM <i>Sue G</i> Stretch & Strength	10:00 AM Cardio Drums <i>Gina</i>	9:30 AM Spinning <i>Denise</i>	9:00 AM Tighten & Tone <i>Lara</i>
11:30 AM Senior Fitness <i>Gina</i>	10:30 AM Core & Balance <i>Sue G</i>	10:00 AM Tread & Shread <i>Nadine</i>	10:00 AM Tread & Shread <i>Nadine</i>	11:00 AM Senior Fitness <i>Gina</i>	9:30 AM Spinning <i>Denise</i>	9:00 AM Tighten & Tone <i>Lara</i>
4:30 PM Raise The Bar <i>Claudia</i>	11:45 AM Senior Fitness <i>Gina</i>	11:30 AM Senior Fitness <i>Tammy</i>	10:30 AM Core & Balance <i>Sue G</i>	11:00 AM Senior Fitness <i>Gina</i>	10:00 AM Raise the Bar <i>Claudia</i>	10:00 AM Pilates Fusion <i>Denise</i>
5:00 PM <i>Mary</i> Spinning	5:00 PM Circuit Break <i>Nadine</i>	4:30 PM Raise The Bar <i>Claudia</i>	5:00 PM Total Body Circuit <i>Nadine</i>	<h2 style="text-align: center;">Specialty Classes:</h2> <p style="text-align: center;">March Madness Ride- Thurs 3/20 @ 8:30 am w/ Sue G</p> <p style="text-align: center;">Class-a-thon Sat 3/15 8:00 am - 11:00 am</p> <h2 style="text-align: center;">P P-UP CLASSES</h2>		
5:30 PM <i>Kerri</i> Cardio Barre Sculpt	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 <i>Kerri</i> Moves & Muscles	6:00 PM Zumba <i>Alexandra</i>	5:30 PM <i>Molly</i> Spinning	6:00 PM Butts & Guts <i>Molly</i>			
		6:30 PM <i>Gina</i> Line Dancing				

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