









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	8:00 AM <i>Tammy</i> Express Step		8:00 AM Express Step <i>Tammy</i>	5:30 AM <i>Christine</i> Cycle 45	7:30 AM Boot Camp Circuit <i>Elijah</i>	
9:00 AM Timeless Tone & Flow <i>Tammy</i>	8:30 AM <i>Tammy</i> Raise the Bar	8:00 AM <i>Maribeth</i> Indoor Cycling	8:30 AM Raise the Bar <i>Tammy</i>	8:00 AM <i>Tammy</i> Tums & Buns	8:30 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>	8:45 AM Step <i>Jen</i>	9:30 AM Moves & Muscles <i>Kerri W</i>	9:30 AM Yogalates <i>Nancy</i>	9:30 AM Step & Sculpt <i>Jean</i>	9:30 AM Beginner Yoga <i>Marie</i>
	10:30 AM Cardio Drums <i>Mary Ann</i>	9:45 AM Zumba <i>Kerri</i>	10:30 AM Pilates Stretch <i>Cheryl</i>	10:30 AM Zumba <i>Kerri W</i>	10:30 AM Total Body Blast <i>Nadine</i>	10:30 AM  Express Bosu Sculpt <i>Joyce</i>
4:30 PM Total Body Ball <i>Marie</i>	11:30 AM Stretch & Strength <i>Cheryl</i>	10:30 AM Yogalates <i>Cheryl/Melanie</i>	4:30 PM Step <i>Erin</i>	11:30 AM Ageless Activity <i>Kerri W</i>	<p>Specialty Classes:</p> <p>Box Fit- Sun 3/2, 3/16 @ 3/30 @ 12:00 pm w/Sherril</p> <p>Chair Stretch & Strength- Mon 3/10 @ 11:30 am w/Mary Ann</p> <p>Friday Night Lights:</p> <p>Line Dancing- Fri 3/14 @ 5:30 pm w/Mary Ann</p> <p>Let's Dance- Fri 3/21 @ 5:30 pm w/Joyce</p> <p>Cardio Drumming- Fri 3/28 @ 5:30 pm w/Mary Ann</p> <p>PP-UP Classes</p>	
5:30 PM Indoor Cycling <i>Carol Ann</i>	4:00 PM Barre Sculpt <i>Kerri W</i>	11:30 AM Senior Sculpt <i>Deb</i>	5:30 PM Raise the Bar <i>Jeanine</i>			
6:30 PM Raise the Bar <i>Jeanine</i>	5:00 PM Gears & Guns <i>Christine M</i>	4:30 PM Yoga Stretch <i>Marie</i>	6:30 PM  Zumba Fit <i>Kris</i>			
7:30 PM  Zumba Tone <i>Kris</i>	6:15 PM  Cardio Sculpt <i>Kris</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	7:30 PM  Total Body Tone <i>Kris</i>			
		6:30 PM Dance Tone <i>Carol Ann</i>				
<p>Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com</p>						