

Group Exercise



MAY



Dartmouth
TOTALFITNESS

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 Spin & Sculpt <i>Wendy</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	10:00 AM Barre <i>Donna</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>	11:00 AM Pilates Sculpt <i>Kerri W</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>		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>	Specialty Classes: Zumba- Sun 5/4 & 5/25 @ 9:00 am w/ Ashleigh Dance Tone- Mon 5/5 & 5/19 @ 5:30 pm w/ Dawn TRX- Wed 5/7 @ 9:00 am w/ Julie Strong Nation- Sat 5/10 @ 8:00 am w/ Ashleigh Yo-Chi- Wed 5/14, 5/21 & 5/28 @ 9:00 am w/ Donna Spin- Wed 5/28 @ 5:30 pm w/ Maribeth Memorial Day: Strong Nation- Mon 5/26 @ 9:00 am w/ Ashleigh Spin- Mon 5/26 @ 9:00 am w/ Wendy P★P-UP CLASSES:		
4:30 PM Yogalates <i>Kendra</i>	4:30 PM ★ Power Sculpt <i>Michelle</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>	4:30 PM Body Blend <i>Kerri W</i>			
	5:30 PM Michelle ★ Express Spin		5:30 PM Moves & Muscles <i>Kerri W</i>			
	5:30 PM Ashleigh Zumba					
Dartmouth Total Fitness- 360 Faunce Corner Rd Dartmouth, Mass. 02747 Phone: 508- 995-5600 www.totalfitnessclubs.com						