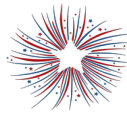


Group Exercise



JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Julia</i>	5:30 AM Bootcamp <i>Kim</i>	5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Kim</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 <i>Wendy</i> 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 <i>Wendy</i> 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 <i>Julie</i> Tread & Strength	11:00 AM Pilates Sculpt <i>Kerri W</i>	9:00 AM Power Yoga <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin	10:00 AM Dance Tone <i>Dawn</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM <i>Maribeth</i> Mat Madness		10:00 AM Senior Circuit <i>Donna</i>	11:00 AM <i>Wendy</i> Chair Yoga		
	10:15 AM <i>Wendy</i> Express Spin			4:00 PM <i>James</i> 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 CLASS: TRX CIRCUIT w/ JULIE Wed 7/9 @ 9:00 am ZUMBA w/ ASHLEIGH Sun 7/13 & 7/27 @ 9:00 am  STRONG NATION w/ ASHLEIGH Sat 7/19 @ 8:00 am  POP-UP CLASSES: ZUMBA w/ CASSANDRA Mondays @ 5:30 pm SUMMER SIZZLE BOOTCAMP w/ KIM Tuesdays & Thursdays @ 5:30 am		
	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 Zumba <i>Cassandra</i>	5:30 PM <i>Michelle</i> Express Spin 5:30 PM <i>Ashleigh</i> Zumba					

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