



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	5:30 AM <i>Christine</i> Gears & Guns	5:30 AM Express Core & More <i>Christine</i>	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 Beam-Lates/Yoga Flow <i>Tammy</i>	8:00 AM <i>Tammy</i> Express Step	8:00 AM <i>Maribeth</i>	8:30 AM	8:00 AM <i>Tammy</i> Butts & Guts	8:45 AM	8:00 AM
	8:30 AM <i>Tammy</i> Raise the Bar	Indoor Cycling	Raise the Bar <i>Tammy</i>	8:30 AM <i>Tammy</i> Total Body Blast	Indoor Cycling <i>Christine</i>	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>	10:30 AM Total Body Blast <i>Nadine</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>	Friday Night Lights: <i>MOVES & MUSCLES w/ MARYANN</i> <i>Friday 8/1 @ 5:30 pm</i> <i>CARDIO DRUMMING w/ MARYANN</i> <i>Friday 8/15 @ 5:30 pm</i>	
4:30 PM Total Body Ball <i>Marie</i>	11:30 AM Stretch & Strength <i>Cheryl</i>	10:30 AM Yogalates <i>Gretchen</i>	4:30 PM Step <i>Erin</i>	11:30 AM Ageless Activity <i>Kerri W</i>		
5:30 PM Indoor Cycling <i>Carol Ann</i>	4:00 PM Barre Sculpt <i>Kerri W</i>	11:30 AM <i>Debra</i> Senior Sculpt				
6:30 PM Raise the Bar <i>Jeanine</i>		4:30 PM Yoga Stretch <i>Marie</i>	5:30 PM Zumba Fit <i>Kris</i>	Pop-Up Classes: <i>ZUMBA FIT W/ KRIS</i> <i>Mondays @ 7:30 pm & Thursdays @ 5:30 pm</i> <i>CARDIO SCULPT W/ KRIS</i> <i>Tuesdays @ 5:30 pm</i> <i>CORE & RESTORE W/ JOYCE</i> <i>Tuesdays @ 6:30 pm</i> <i>EXPRESS CORE & MORE W/ CHRISTINE</i> <i>Wednesdays @ 5:30 am</i> <i>TOTAL BODY TONE W/ KRIS</i> <i>Thursdays @ 6:30 pm</i>		
7:30 PM Zumba Fit <i>Kris</i>	5:30 PM Cardio Sculpt <i>Kris</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	6:30 PM Total Body Tone <i>Kris</i>			
		6:30 PM Dance Tone <i>Carol Ann</i>				
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