

Group Exercise



November



Dartmouth
TOTAL FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Sue B</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>Michelle</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 Tread & Strength <i>Julie</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Spinning <i>Michelle</i>	Sunday Funday w/ Ashleigh  ZUMBA w/ ASHLEIGH 11/2 @ 9:30 am  BUTI MVMNT w/ ASHLEIGH 11/9 & 11/30 @ 9:30 am  RESET YOGA w/ ASHLEIGH 11/23 @ 9:30 am
9:00 AM SPINNING <i>Wendy</i>	9:00 AM Wendy Total Strength	10:00 AM Barre Fit <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:00 AM Barre Fit <i>Donna</i>	8:00 AM Power Hour <i>Emily</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>	10:00 AM Senior Circuit <i>Donna</i>	10:15 AM Wendy Express Spin	9:00 AM All Levels Yoga <i>Kendra</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>		11:00 AM Moves & Muscles <i>Kerri W</i>	11:00 AM Wendy Chair Yoga	10:00 AM Dance Tone <i>Dawn</i>	
	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>	4:30 PM Body Blend <i>Kerri W</i>	   ZUMBA w/ ASHLEIGH Thurs 11/27 @ 8:30 am SPECIALTY CLASSES: MUSCLE MIX w/ MICHELLE: Tues 11/4, 11/18 @ 11/25 @ 6:30 pm POP-UP CLASSES: STRONG NATION w/ WEIGHTS w/ ASHLEIGH: Mondays @ 4:30 pm POWER HOUR w/ EMILY: Wednesdays @ 6:30 pm & Saturdays @ 8:00 am YOGA w/ CAROL : Thursdays @ 5:30 pm ZUMBA GOLD w/ SUE Y: Thursdays @ 6:30 pm		
4:30 PM Ashleigh Strong Nation w/ Weights	5:30 PM Zumba <i>Cassandra</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>	5:30 PM Yoga <i>Carol M</i>			
5:30 PM Zumba <i>Ashleigh</i>		6:30 PM Power Hour <i>Emily</i>	6:30 AM Zumba Gold <i>Sue Y</i>			
Dartmouth Total Fitness- 360 Faunce Corner Rd Dartmouth, Mass. 02747 Phone: 508- 995-5600 www.totalfitnessclubs.com						