

Group Exercise

DECEMBER



HAPPY HOLIDAYS

BRISTOL
TOTALFITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Spinning <i>Mary</i>	6:00 AM Core Strength <i>Gina</i>	5:45 AM Spinning <i>Leslie</i>	6:00 AM Kettlebells <i>Gina</i>	5:45 AM Spinning <i>Vicki</i>	7:00 AM Bootcamp <i>Nadine</i>	
8:30 AM Body Tuning <i>Jen S</i>	8:30 AM <i>Gina</i> Dance Tone	8:30 AM <i>Erin</i> Cardio Chisel	8:30 AM <i>Gina</i> Dance Tone	8:30 AM Cardio Chisel <i>Erin</i>	8:00 AM Body Blend <i>Sue G</i>	8:00 AM Yoga <i>Lara</i>
10:00 AM Barre Pilates Fusion <i>Gina</i>	8:30 Am <i>Sue G</i> Spinning	9:00 AM <i>Sue G</i> Spin 101	8:30 Am <i>Sue G</i> Spinning	8:30 AM Spinning <i>Gina</i>	9:00 AM Zumba Gold <i>Sue Y</i>	9:00 AM Spinning <i>Denise</i>
	9:45 AM <i>Sue G</i> Stretch & Strength	9:45 AM <i>Tammy</i> Beam- Lates	9:45 AM <i>Sue G</i> Stretch & Strength			
11:30 AM Senior Fitness <i>Gina</i>	10:30 AM Core & Balance <i>Gina</i>	10:30 AM <i>Tammy</i> Yoga-Flow-Lates & Stretch	10:30 AM Core & Balance <i>Gina</i>	9:45 AM Cardio Drums <i>Gina</i>	9:30 AM Spinning <i>Denise</i>	9:00 AM Tighten & Tone <i>Lara</i>
4:30 PM Raise The Bar <i>Claudia</i>	11:45 AM Senior Fitness <i>Nadine</i>	11:45 AM Senior Fitness <i>Tammy</i>	11:45 AM Senior Fitness <i>Nadine</i>	11:00 AM Senior Fitness <i>Gina</i>	10:00 AM Raise the Bar <i>Claudia</i>	10:00 AM Pilates Fusion <i>Denise</i>
5:30 PM <i>Kerri</i> Cardio Barre Sculpt	5:00 PM Zumba Gold <i>Sue Y</i>	4:30 PM Raise The Bar <i>Claudia</i>	5:00 PM Fit Camp <i>Nadine</i>	<p>POP-UP CLASSES:</p> <p>FIT CAMP w/ NADINE: Thurs @ 5:00 pm</p> <p>BOOTCAMP w/ NADINE- Sat @ 7:00 am</p>		
	5:30 PM Spinning <i>Denise</i>	5:30 PM Tighten & Tone <i>Lara</i>	5:30 PM Spinning <i>Denise</i>			
6:30 PM Zumba <i>Kerri</i>	6:00 PM Abs & Arms <i>Molly</i>		6:00 PM Butts & Guts <i>Molly</i>	<p>Holiday Classes:</p> <p>Raise the Bar w/ Claudia- Wed 12/24_ 10:00 am</p> <p>Yoga w/Carol- Wed 12/24_ 11:00 am</p> <p>Merry Sweat-Mas & Sculpt w/ Jen- Fri 12/26_ 9:00 am</p> <p>Spirit of the Seaso Spin w/ Mary & Vicki- Fri 12/26_ 10:00 am</p> <p>New Years Classes:</p> <p>Raise the Bar w/ Claudia- Wed 12/31_ 10:00 am</p> <p>Guardians of the Galaxy Spin w/ Mary & Vicki- Thurs 1/1_ 9:00 am</p>		

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