



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM <b>Indoor Cycling</b> <i>Tammy</i>	5:30 AM <i>Christine</i> <b>Gears &amp; Guns</b>	8:00 AM <i>Maribeth</i> <b>Indoor Cycling</b>	8:00 AM <b>Express Step</b> <i>Tammy</i>	5:30 AM <i>Christine</i> <b>Cycle 45</b>	8:00 AM <b>Indoor Cycling</b> <i>Christine</i>	
9:00 AM <b>Core &amp; More</b> <i>Tammy</i>	8:00 AM <i>Tammy</i> <b>Express Step</b>	8:45 AM <b>Step</b> <i>Jen</i>	8:30 AM <b>Raise the Bar</b> <i>Tammy</i>	8:00 AM <i>Tammy</i> <b>Butts &amp; Guts</b>	9:00 AM <b>Bootcamp</b> <i>Elijah/ Jean</i>	8:00 AM <b>Indoor Cycling</b> <i>Carol Ann</i>
9:45 AM <b>Beam-Lates</b> <i>Tammy</i>	8:30 AM <b>Raise the Bar</b> <i>Tammy</i>	9:45 AM <b>Zumba 45</b> <i>Kerri</i>	9:30 AM <b>Moves &amp; Muscles</b> <i>Kerri W</i>	8:30 AM <i>Tammy</i> <b>Total Body Blast</b>	10:30 AM <b>Cardio Barre</b> <i>Nadine</i>	9:30 AM <b>Beginner Yoga</b> <i>Marie</i>
10:30 AM <b>Lo Impact</b> <i>Mary Ann</i>	9:30 AM <b>Pilates Sculpt</b> <i>Kerri W</i>	10:30 AM <b>Yogalates</b> <i>Gretchen</i>	10:30 AM <b>Pilates Stretch</b> <i>Cheryl</i>	9:30 AM <b>Yogalates</b> <i>Nancy</i>	<b>SpecialtyClass:</b> <i>Bosu Sculpt &amp; Restore w/ Joyce</i> <i>Sun 12/7 &amp; 12/21_ 10:30 am</i>  <i>Slow Yoga Stretch w/ Cheryl</i> <i>Mon 12/8_ 11:30 am</i>  <i>Tai Chi Chair Stretch w/ Maryann</i> <i>Mon 12/15_ 11:30 am</i>	
4:30 PM <b>Total Body Ball</b> <i>Marie</i>	10:30 AM <b>Cardio Drums</b> <i>Mary Ann</i>	11:30 AM <b>Senior Sculpt</b> <i>Debra</i>	4:30 PM <b>Step</b> <i>Erin</i>	10:30 AM <b>Zumba</b> <i>Kerri W</i>		
5:30 PM <b>Indoor Cycling</b> <i>Carol Ann</i>	11:30 AM <b>Stretch &amp; Strength</b> <i>Cheryl</i>	4:30 PM <b>Yoga Stretch</b> <i>Marie</i>	4:30 PM 	11:30 AM <b>Ageless Activity</b> <i>Kerri W</i>		
6:30 PM <b>Raise the Bar</b> <i>Jeanine</i>	4:30 PM <b>Body Blend</b> <i>Kerri W</i>	4:30 PM <b>Yoga Stretch</b> <i>Marie</i>	5:30 PM <b>Zumba Fit</b> <i>Kris</i>	<b>Pop-Up Classes:</b> <i>Step Mix w/ Kris- Monday's_ 7:30 pm</i> <i>Core &amp; Restore w/ Joyce- Tuesday's_ 6:30 pm</i> 		
7:30 PM <b>Step Mix</b> <i>Kris</i>	5:30 PM <b>Cardio Sculpt</b> <i>Kris</i>	5:30 PM <b>Total Body Burn</b> <i>Carol Ann</i>	5:30 PM <b>Zumba Fit</b> <i>Kris</i>			
	6:30 PM <b>Core &amp; Restore</b> <i>Joyce</i>	6:30 PM <b>Dance Tone</b> <i>Carol Ann</i>	6:30 PM <b>Total Body Tone</b> <i>Kris</i>			
<b>Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA</b> <b>Phone: 508-679-9793 www.TotalFitnessClubs.com</b>						



**Holiday Classes:**  
*Step w/ Jen*  
*Wed 12/24\_ 8:00 am*  
*Sculpt & Sleigh w/ Joyce*  
*Wed 12/24\_ 9:00 am*  
*Vinyassa Flow w/ Carol*  
*Fri 12/26\_ 10:00 am*



**New Years Classes:**  
*Vinyassa Flow w/ Carol*  
*Wed 12/31\_ 10:00 am*  
*Yoga w/ Carol*  
*Thurs 1/1\_ 11:00 am*  
*Total Body Tone w/ Kris*  
*Thurs 1/1\_ 5:30 pm*