



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	5:30 AM <i>Christine</i> Gears & Guns	8:00 AM <i>Maribeth</i> Indoor Cycling	8:00 AM Express Step <i>Tammy</i>	5:30 AM <i>Christine</i> Cycle 45	8:00 AM Indoor Cycling <i>Christine</i>	
9:00 AM Cardio Chisel <i>Tammy</i>	8:00 AM <i>Tammy</i> Express Step	8:45 AM Step <i>Jen</i>	8:30 AM Raise the Bar <i>Tammy</i>	8:00 AM <i>Tammy</i> Butts & Guts	9:00 AM Bootcamp <i>Elijah/ Jean</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
10:00 Am <i>Tammy</i> Express	8:30 AM Raise the Bar <i>Tammy</i>	9:45 AM Zumba 45 <i>Kerri</i>	9:30 AM Moves & Muscles <i>Kerri W</i>	8:30 AM <i>Tammy</i> Total Body Blast	10:30 AM Cardio Barre <i>Nadine</i>	9:30 AM Beginner Yoga <i>Marie</i>
10:30 AM Lo Impact <i>Mary Ann</i>	9:30 AM Pilates Sculpt <i>Kerri W</i>	10:30 AM Yogalates <i>Gretchen</i>	10:30 AM Pilates Stretch <i>Cheryl</i>	9:30 AM Yogalates <i>Nancy</i>		
4:30 PM Total Body Ball <i>Marie</i>	10:30 AM Cardio Drums <i>Mary Ann</i>	11:30 AM Senior Sculpt <i>Debra</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>	11:30 AM Stretch & Strength <i>Cheryl</i>	4:30 PM Yoga Stretch <i>Marie</i>				
6:30 PM Raise the Bar <i>Jeanine</i>	4:30 PM Body Blend <i>Kerri W</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	5:30 PM Zumba Fit <i>Kris</i>	Pop-Up Classes: Cardio Chisel w/ Kris- Monday's_ 7:30 pm Core & Restore w/ Joyce- Tuesday's_ 6:30 pm Express Step w/ Jean- Sat 1/10 & 1/24_ 10:00 am Specialty Classes: Bosu Sculpt & Restore w/ Joyce Sun 1/4 & 1/25_ 10:30 am Yoga Mobility & Stretch w/ Cheryl Mon 1/5 & 1/26_ 11:30 am Line Dancing w/ Maryann Mon 1/12_ 11:30 am  Friday Night Lights: Cardio Drumming w/ Maryann Fri 1/9_ 5:30 pm Dance Party w/ Joyce Fri 1/23_ 5:30 pm		
7:30 PM Cardio Chisel <i>Kris</i>	5:30 PM Cardio Sculpt <i>Kris</i>	6:30 PM Dance Tone <i>Carol Ann</i>	6:30 PM Total Body Tone <i>Kris</i>			
	6:30 PM Core & Restore <i>Joyce</i>					
Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com						