

Group Exercise

March



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>
8:30 AM Spinning <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>
10:00 AM Barre Pilates Fusion <i>Gina</i>	9:00 AM Tread & Shread <i>Nadine</i>	10:30 AM Beam-Lates <i>Denise</i>	9:45 AM <i>Sue G</i> Stretch & Strength	9:45 AM Cardio Drums <i>Gina</i>	9:30 AM Spinning <i>Denise</i>	9:00 AM Tighten & Tone <i>Lara</i>
11:30 AM Senior Fitness <i>Gina</i>	9:45 AM <i>Sue G</i> Stretch & Strength	10:30 AM <i>Denise</i> Core & Stretch	10:30 AM Core & Balance <i>Gina</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>
4:30 PM Raise The Bar <i>Claudia</i>	10:30 AM Core & Balance <i>Gina</i>	11:30 AM Senior Fitness <i>Nadine</i>	11:45 AM Senior Circuit <i>Nadine</i>	<p>POP-UP CLASSES:</p> <p><i>Spin w Gina- Mondays_ 8:30 am</i></p> <p><i>Spin HIIT w Nadine- Mondays_ 5:30 pm</i></p> <p><i>Shred & Tread w/ Nadine- Tuesdays_ 9:00 am</i></p> <p><i>Yoga w/ Lara- Wednesdays_ 6:30 pm</i></p> <p><i>Bootcamp w/ Nadine- Thurs 5:00 pm & Sat 7:00 am</i></p> <p>Specialty Class:</p> <p><i>St Paddys Ride w/ Sue G- Tues 3/17_ 8:30 am</i></p> <p><i>March Madness Ride w/ Sue G- Thurs 3/26_ 8:30 am</i></p>		
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>			
5:30 PM <i>Nadine</i> Spin HIIT	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 <i>Kerri</i> Moves & Muscles	6:00 PM Abs & Arms <i>Molly</i>	6:30 PM Yoga <i>Gina</i>	6:00 PM Butts & Guts <i>Molly</i>			

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI
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