

# Group Exercise



# APRIL



**BRISTOL**  
TOTALFITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM <b>Spinning</b> <i>Mary</i>	6:00 AM <b>Core Strength</b> <i>Gina</i>	5:45 AM <b>Spinning</b> <i>Leslie</i>	6:00 AM <b>Kettlebells</b> <i>Gina</i>	5:45 AM <b>Spinning</b> <i>Vicki</i>	7:00 AM <b>Bootcamp Circuit</b> <i>Nadine</i>	
8:30 AM <b>Body Tuning</b> <i>Jen S</i>	8:30 AM <i>Gina</i> <b>Dance Tone</b>	8:30 AM <i>Erin</i> <b>Cardio Chisel</b>	8:30 AM <i>Gina</i> <b>Dance Tone</b>	8:30 AM <b>Cardio Chisel</b> <i>Erin</i>	8:00 AM <b>Body Blend</b> <i>Sue G</i>	8:00 AM <b>Yoga</b> <i>Lara</i>
8:30 AM <b>Spinning</b> <i>Gina</i>	8:30 Am <i>Sue G</i> <b>Spinning</b>	9:00 AM <i>Sue G</i> <b>Spin 101</b>	8:30 Am <i>Sue G</i> <b>Spinning</b>	8:30 AM <b>Spinning</b> <i>Gina</i>	9:00 AM <b>Zumba Gold</b> <i>Sue Y</i>	9:00 AM <b>Spinning</b> <i>Denise</i>
10:00 AM <b>Barre Pilates Fusion</b> <i>Gina</i>	9:45 AM <i>Sue G</i> <b>Stretch &amp; Strength</b>	9:30 AM <b>Beam-Lates</b> <i>Denise</i>	9:45 AM <i>Sue G</i> <b>Stretch &amp; Strength</b>	9:45 AM <b>Cardio Drums</b> <i>Gina</i>	9:30 AM <b>Spinning</b> <i>Denise</i>	9:00 AM <b>Tighten &amp; Tone</b> <i>Lara</i>
11:30 AM <b>Senior Fitness</b> <i>Gina</i>	10:30 AM <i>Gina</i> <b>Core &amp; Balance</b>	10:30 AM <i>Nadine</i> <b>Mobility &amp; Stretch</b>	10:30 AM <b>Core &amp; Balance</b> <i>Gina</i>	11:00 AM <b>Senior Fitness</b> <i>Gina</i>	9:00 AM <b>Senior Fitness</b> <i>Gina</i>	9:00 AM <b>Pilates Fusion</b> <i>Denise</i>
4:30 PM <b>Raise The Bar</b> <i>Claudia</i>	11:45 AM <i>Nadine</i> <b>Senior Fitness</b>	11:30 AM <b>Senior Circuit</b> <i>Nadine</i>	11:45 AM <b>Senior Fitness</b> <i>Nadine</i>	11:00 AM <b>Senior Fitness</b> <i>Gina</i>	10:00 AM <b>Raise the Bar</b> <i>Claudia</i>	10:00 AM <b>Pilates Fusion</b> <i>Denise</i>
5:30 PM <i>Kerri</i> <b>Cardio Barre</b> <b>Sculpt</b>	5:00 PM <b>Zumba Gold</b> <i>Sue Y</i>	4:30 PM <b>Raise The Bar</b> <i>Claudia</i>	5:00 PM <b>Bootcamp Circuit</b> <i>Nadine</i>	<p><b>POP-UP CLASSES:</b></p> <p>Spin w Gina- Mondays_ 8:30 am</p> <p>Spin HIIT w Nadine- Mondays_ 5:30 pm</p> <p>Circuit Strength w/ Ben- Tuesdays_ 7:00 am</p> <p>Shred &amp; Tread w/ Nadine- Tuesdays_ 9:00 am</p> <p>Yoga w/ Lara- Wednesdays_ 6:30 pm (except 4/29)</p> <p>Bootcamp Circuit w/ Nadine- Thurs 5:00 pm &amp; Sat 7:00 am</p> <p><b>Specialty Class:</b></p> <p>Rhythm &amp; Resistance w/ Joyce- Easter Sunday 4/5_ 10:00 am</p>		
5:30 PM <i>Nadine</i> <b>Spin HIIT</b>	5:30 PM <b>Spinning</b> <i>Denise</i>	5:30 PM <b>Tighten &amp; Tone</b> <i>Lara</i>	5:30 PM <b>Spinning</b> <i>Denise</i>			
6:30 PM <i>Kerri</i> <b>Moves &amp; Muscles</b>	6:00 PM <b>Abs &amp; Arms</b> <i>Molly</i>	6:30 PM <b>Yoga</b> <i>Lara</i>	6:00 PM <b>Butts &amp; Guts</b> <i>Molly</i>			

**Bristol Total Fitness - 685 Metacom Avenue Bristol, RI**  
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**EGGSERCISING**