



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling Tammy	5:30 AM <i>Christine</i> Gears & Guns	8:00 AM <i>Maribeth</i> Indoor Cycling	8:00 AM Express Step Tammy	5:30 AM <i>Christine</i> Cycle 45	8:00 AM Indoor Cycling <i>Christine</i>	
9:00 AM Cardio Chisel Tammy	8:00 AM Tammy Express Step	8:45 AM Step <i>Jen</i>	8:30 AM Raise the Bar Tammy	8:00 AM Tammy Butts & Guts	9:00 AM Bootcamp <i>Elijah/ Jean</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
10:00 Am Tammy Express Flow & Stretch	8:30 AM Raise the Bar Tammy	9:45 AM Zumba 45 <i>Kerri</i>	9:30 AM Moves & Muscles <i>Kerri W</i>	8:30 AM Tammy Total Body Blast	10:00 AM Express Step <i>Jean</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>	10:30 AM Zumba <i>Kerri W</i>	10:30 AM Cardio Barre <i>Nadine</i>	 Spin w/ Carol Ann- Sun 4/5_8:00 am
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>	<div style="text-align: center;">  Pop-Up Classes:  Cardio Chisel w/ Kris- Monday's_ 7:30 pm Specialty Classes: Express Tone w/ Christine- Sat 4/4 & 4/18_7:15 am Express Step w/ Jean- Sat 4/11 & 4/25 - 10:00 am Tai-Chi Chair Stretch w/ Maryann- Mon 4/13 & 4/20_11:00 am Slow Mobility Yoga w/ Cheryl- Mon 4/27_11:30 am Friday Night Lights: Cardio Drumming w/ Maryann- Fri 4/10_5:30 pm </div>		
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>			
Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com						