

# Group Exercise



# MAY



Dartmouth  
TOTALFITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <b>Sunrise Spin</b> <i>Sue B</i>	5:30 AM <b>Bootcamp</b> <i>Pam</i>	5:30 AM <b>Sunrise Spin</b> <i>Sue B</i>	5:30 AM <b>Bootcamp</b> <i>Pam</i>	5:30 AM <b>Sunrise Spin</b> <i>Michelle</i>	8:00 AM <b>Power Hour</b> <i>Emily</i>	8:30 AM <b>Spinning</b> <i>Susan</i>
8:00 AM <b>TRX Circuit</b> <i>Nadine</i>	8:30 AM <i>Wendy</i> <b>Express Abs</b>	9:00 AM <b>Spin &amp; Sculpt</b> <i>Wendy</i>	9:00 AM <b>Tread &amp; Strength</b> <i>Sarah</i>	9:00 AM <b>Raise the Bar</b> <i>Wendy</i>	9:00 AM <b>All Levels Yoga</b> <i>Kendra</i>	
9:00 AM <b>SPINNING</b> <i>Wendy</i>	9:00 AM <b>Total Strength</b>	9:00 AM <b>Barre Above</b> <i>Donna</i>	9:00 AM <b>Power Yoga</b> <i>Donna</i>	10:00 AM <b>Barre Fit</b> <i>Donna</i>	10:00 AM <b>Dance Tone</b> <i>Dawn</i>	
9:00 AM <b>Pilates Sculpt</b> <i>Donna</i>	9:00 AM <b>Tread &amp; Strength</b> <i>Sarah</i>	10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	10:00 AM <b>Senior Circuit</b> <i>Donna</i>	10:15 AM <i>Wendy</i> <b>Express Spin</b>		
10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	10:00 AM <b>Mat Madness</b> <i>Maribeth</i>	11:00 AM <b>Pilates Sculpt</b> <i>Kerri W</i>	11:00 AM <b>Moves &amp; Muscles</b> <i>Kerri W</i>	11:00 AM <i>Wendy</i> <b>Chair Yoga</b>		
11:00 AM <b>Low Impact</b> <i>Kerri W</i>	10:15 AM <i>Wendy</i> <b>Express Spin</b>	4:30 PM <b>Bootcamp</b> <i>James</i>	4:30 PM <b>Body Blend</b> <i>Kerri W</i>	4:00 PM <i>James</i> <b>Bootcamp</b>		
5:30 PM <b>Strong Nation w/ Weights</b> <i>Ashleigh</i>	11:00 AM <b>Senior Fitness</b> <i>Wendy</i>	4:30 PM <b>Pilates Sculpt</b> <i>Kerri W</i>				
6:30 PM <b>Balance Burn</b> <i>Joyce</i>	5:30 PM <b>Zumba</b> <i>Cassandra</i>	6:00 PM <b>Power Hour</b> <i>Emily</i>	5:30 PM <b>Zumba Gold</b> <i>Sue Y</i>			

### POP-UP CLASSES:

Strong Nation w/ Weights w/ Ashleigh Mondays\_5:30 pm

Balance Burn w/ Joyce- Mondays\_ 6:30 pm

VO2 Training w/ James- Mon 5/18\_ 4:30 pm

### Sunday Funday:

Zumba Step Mix w/ Ashleigh- Sun 5/17 & 5/24\_9:00 am

BUTI MVMNT w/ Ashleigh- Sun 5/31\_ 9:00 am

### Mothers Day- Sun 5/10:

Pedal to Pilates w/ Maribeth- 9:00 am

### Memorial Day- Mon 5/25:

Pedal to Pilates w/ Maribeth- 8:00 am

All Levels Yoga w/ Ashleigh- 9:00 am

Dartmouth Total Fitness- 360 Faunce Corner Rd  
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