



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	5:30 AM Gears & Guns <i>Christine</i>	8:00 AM Cycle 45 <i>Maribeth</i>	8:00 AM Express Step <i>Jen</i>	5:30 AM Cycle 45 <i>Christine</i>	7:15 AM Express Tone <i>Christine</i>	
9:00 AM Fit Body Fusion <i>Tammy</i>	8:00 AM <i>Tammy</i> Express Step	8:45 AM Step <i>Jen</i>	8:30 AM Body Tuning <i>Jen</i>	8:00 AM Express Butts & Guts <i>Tammy</i>	8:00 AM Indoor Cycling <i>Christine</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
10:00 AM Express Stretch <i>Tammy</i>	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 Total Body Blast <i>Tammy</i>	9:00 AM Bootcamp Circuit <i>Elijah / Jean</i>	9:30 AM Beginner Yoga <i>Marie</i>
10:30 AM Low Impact <i>Mary Ann</i>	9:30 AM Pilates Sculpt <i>Kerri W</i>	10:30 AM Yogalates <i>Gretchen</i>	10:30 PM Pilates Stretch <i>Cheryl</i>	9:30 AM Yogalates <i>Nancy</i>	10:00 AM <small>every other week</small> Express Step <i>Jean</i>	
4:30 PM Total Body Ball <i>Marie</i>	10:30 AM Cardio Drumming <i>Mary Ann</i>	11:30 AM Senior Sculpt <i>Deb</i>		10:30 AM Zumba <i>Kerri</i>	10:30 AM Cardio Barre <i>Nadine</i>	
5:30 PM Indoor Cycling <i>Carol Ann</i>	11:30 AM Tai Chi Chair Stretch <i>Mary Ann</i>	4:30 PM Yoga Stretch <i>Marie</i>	4:30 PM Step <i>Erin</i>	11:30 AM <i>Kerri</i> Ageless Activity		
6:30 PM Raise the Bar <i>Jeanine</i>	4:30 PM <i>Kerri</i> Body Blend	5:30 PM Total Body Burn <i>Carol Ann</i>	5:30 PM Zumba Fit <i>Kris</i>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <h3>Specialty Classes:</h3> <p>Box Fit w/ Sherry- Mon 6/1_ 6:00 pm (\$10.00 pp/ functional training room)</p> <p>Express Step w/ Jean- Sat 6/6 & 6/20_ 10:00 am</p> <p>Balance Burn w/ Joyce- Sun 6/14_ 10:30 am</p> <h3>Friday Night Lights:</h3> <p>Rhythm & Resistance w/ Joyce- Fri 6/5 & 6/19_ 5:30 pm</p> <p>Cardio Drumming w/ Mary Ann- Fri 6/12_ 5:30 pm</p> </div>  </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>			
<p>See website for class schedules for Bristol & Dartmouth</p> <p>Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA</p> <p>Phone: 508-679-9793 www.TotalFitnessClubs.com</p>						