

Group Exercise



JULY



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>		
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>	9:45 AM <i>Gina</i> Stretch & Strength	9:30 AM Tabata <i>Nadine</i>	9:45 AM <i>Gina</i> Stretch & Strength	10:30 AM Core & Balance <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>	10:30 AM <i>Gina</i> Core & Balance	10:30 AM Cardio Drums <i>Kendra</i>	10:30 AM Core & Balance <i>Gina</i>	11:45 AM Senior Fitness <i>Nadine</i>	9:45 AM Cardio Drums <i>Gina</i>	9:30 AM Spinning <i>Denise</i>
4:30 PM Raise The Bar <i>Claudia</i>	11:45 AM <i>Nadine</i> Senior Fitness	11:30 AM <i>Nadine</i> Senior Circuit	11:45 AM Senior Fitness <i>Nadine</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>
5:30 PM <i>Kerri</i> Cardio Barre Sculpt	4:00 PM Abs & Arms <i>Molly</i>	4:30 PM Raise The Bar <i>Claudia</i>	4:00 PM Butts & Guts <i>Molly</i>	4:30 PM Tighten & Tone <i>Lara</i>	4:00 PM Butts & Guts <i>Molly</i>	4:30 PM Tighten & Tone <i>Lara</i>
6:30 PM Moves & Muscles <i>Kerri</i>	5:00 PM Zumba Gold <i>Sue Y</i>	5:30 PM Tighten & Tone <i>Lara</i>	5:30 PM Spinning <i>Denise</i>	5:30 PM Spinning <i>Denise</i>	5:30 PM Zumba Gold <i>Sue Y</i>	5:30 PM Tighten & Tone <i>Lara</i>
	5:30 PM Spinning <i>Denise</i>		6:00 PM Bootcamp Circuit <i>Nadine</i>			

POP-UP CLASSES:

Walk Strong w/ Nadine- Wednesdays_ 7:00 am
 Cardio Drums w/ Kendra- Wednesdays_ 10:30 am
 Bootcamp @ Independence Park w/ Nadine-
 Saturdays_ 7:00am (6/13 - 9/26)



Specialty Classes:



Ride Across America w/ Sue G- Thurs 7/2_ 8:30 am
 (90-min)

Mat Pilates w/ Molly- Sat 7/11_ 11:00 am

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI
 Phone: 401-254-3900 www.TotalFitnessClubs.com