Group Exercise

Dartmouth TOTALFITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM **Sunrise Spin** *Sue B*	5:30 AM **Bootcamp** *Kim*	5:30 AM **Sunrise Spin** *Sue B*	5:30 AM **Bootcamp** *Kim*	5:30 AM **Sunrise Spin** *Michelle*	8:00 AM **Power Hour** *Emily*	8:30 AM **Spinning** *Susan*
8:00 AM **TRX Circuit** *Nadine*	8:30 AM *Wendy* **Express Abs**	9:00 AM **Spin & Sculpt** *Wendy*	9:00 AM **Tread & Strength** *Sarah*	9:00 AM **Raise the Bar** *Wendy*	9:00 AM **All Levels Yoga** *Kendra*	**Sunday Funday w/ Ashleigh:** Buti Yoga- 7/12 All Levels Yoga- 7/26 **9:00 AM**
9:00 AM **SPINNING** *Wendy*	9:00 AM *Wendy* **Total Strength**	9:00 AM **Barre Above** *Donna*	9:00 AM **Power Yoga** *Donna*	10:00 AM **Barre Fit** *Donna*	10:00 AM **Dance Tone** *Dawn*	
9:00 AM **Pilates Sculpt** *Donna*	9:00 AM **Tread & Strength** *Sarah*	10:00 AM **Gentle Yoga** *Donna*	10:00 AM **Senior Circuit** *Donna*	10:15 AM *Wendy* **Express Spin**		
10:00 AM **Gentle Yoga** *Donna*	10:00 AM **Mat Madness** *Maribeth*	11:00 AM **Pilates Sculpt** *Kerri W*	11:00 AM **Moves & Muscles** *Kerri W*	11:00 AM *Wendy* **Chair Yoga**		
11:00 AM **Low Impact** *Kerri W*	10:15 AM *Wendy* **Express Spin**	4:30 PM **Bootcamp** *James*	4:30 PM **Body Blend** *Kerri W*	4:00 PM *James* **Bootcamp**		
	11:00 AM **Senior Fitness** *Wendy*	4:30 PM **Pilates Sculpt** *Kerri W*				
	5:30 PM **Yoga Flow** *Cheryl*	6:00 PM **Power Hour** *Emily*	5:30 PM **Zumba Gold** *Sue Y*			
6:30 PM **Balance Burn** *Joyce*						

POP-UP CLASSES:

Zumba Step Mix w/ Ashleigh- Mondays_ 5:30 pm

Yoga Flow w/ Cheryl- Tuesdays_ 5:30 pm

Summer Sizzle Bootcamp w/ Kim- Tuesdays & Thursdays_ 5:30 am

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