

Group Exercise



August



BRISTOL
TOTAL FITNESS

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> Spinning 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	9:45 AM Cardio Drumming <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 Drumming <i>Kendra</i>	10:30 AM Core & Balance <i>Gina</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>
	11:45 AM <i>Nadine</i> Senior Fitness	11:30 AM <i>Nadine</i> Senior Circuit	11:45 AM Senior Fitness <i>Nadine</i>			
4:30 PM Raise The Bar <i>Claudia</i>	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>	POP-UP CLASSES:  Walk Strong with Nadine - Wednesdays @ 7:00 AM Boot Camp @ Independence Park with Nadine - Saturdays @ 7:00 AM (6/13 to 9/26) SPECIALTY CLASSES: Cardio Drumming with Kendra - Wed., 8/5, 8/12 & 8/19 @ 10:30 AM Salsa Boot Camp with Sue Y. - Wed., 8/12 @ 6:30 PM (90 mins.) \$10 non-members Woodstock Ride with Sue G. - Tues., 8/18 @ 8:30 AM		
5:30 PM Cardio Barre Sculpt <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>			
6:30 PM Moves & Muscles <i>Kerri</i>	5:30 PM Spinning <i>Denise</i>		6:00 PM Boot Camp Circuit <i>Nadine</i>			

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