

Group Exercise



SEPTEMBER



BRISTOL
TOTALFITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Spinning Mary	6:00 AM Core Strength Gina	5:45 AM Spinning Leslie	6:00 AM Kettlebells Gina	5:45 AM Spinning Vicki	8:00 AM Body Blend Sue G.	8:00 AM Yoga Lara
8:30 AM Body Tuning Jen S.	8:30 AM Gina Dance Tone	8:30 AM Cardio Chisel Erin	8:30 AM Gina Dance Tone	8:30 AM Cardio Chisel Erin	9:00 AM Zumba Gold Sue Y.	9:00 AM Spinning Denise
8:30 AM Spinning Gina	8:30 AM Sue G. Spinning	9:00 AM Spinning 101 Sue G.	8:30 AM Sue G. Spinning	8:30 AM Spinning Gina	9:30 AM Spinning Denise	9:00 AM Tighten & Tone Lara
10:00 AM Barre Pilates Fusion Gina	9:45 AM Gina Stretch & Strength *	9:30 AM Tabata Nadine	9:45 AM Gina Stretch & Strength *	9:45 AM Cardio Drumming Gina	10:00 AM Raise The Bar Claudia	10:00 AM Pilates Fusion Denise
11:30 AM Senior Fitness Gina	10:30 AM Gina Core & Balance	11:30 AM Senior Fitness Nadine	10:30 AM Gina Core & Balance	11:00 AM Senior Fitness Gina	Group Exercise Room is Reserved from 1:30 to 2:30 PM	
	11:45 AM Nadine Senior Circuit		11:45 AM Nadine Senior Circuit			
4:30 PM Raise The Bar Claudia	4:00 PM Abs & Arms Crystal	4:30 PM Raise The Bar Claudia	4:00 PM Butts & Guts Crystal	POP-UP CLASSES: Spinning with Nadine - Mondays @ 5:00 PM Boot Camp @ Independence Park with Nadine - Saturdays @ 7:00 AM (6/13 to 9/26) SPECIALTY CLASSES: "Working Through the Decades" Spinning with Vicky & Mary - Monday, 9/7 @ 9:00 AM Raise The Bar with Claudia - Monday, 9/7 @ 10:00 AM		
5:00 PM Spinning Nadine	5:00 PM Zumba Gold Sue Y.	5:30 PM Tighten & Tone Lara	5:00 PM Boot Camp Circuit Nadine			
Group Exercise Room is Reserved from 5:30 to 7:30 PM	5:30 PM Spinning Denise		5:30 PM Spinning Denise			

* = 30 minutes

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

SPECIALTY CLASSES:

"Working Through the Decades" Spinning with
Vicky & Mary - Monday, 9/7 @ 9:00 AM
Raise The Bar with Claudia - Monday, 9/7 @ 10:00 AM
Yoga with Lara - Wednesday,
9/2, 9/9, 9/16 & 9/30 @ 6:30 PM
Friday Night Salsa with Sue Y. -
Friday, 9/11 & 9/25 @ 6:30 PM

