

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	5:30 AM <i>Christine</i> Gears & Guns	7:15 AM <i>Maribeth</i> Mat Madness	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>	7:00 AM <i>Cheryl</i> Mobility Stretch	8:00 AM <i>Maribeth</i> Indoor Cycling	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>
10:30 AM Low Impact <i>Mary Ann</i>	8:00 AM <i>Jen</i> Cardio Kick	8:45 AM Step <i>Jen</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>
	8:30 AM Raise the Bar <i>Tammy</i>	9:45 AM <i>Kerri</i> Zumba 45	10:30 AM Pilates Stretch <i>Cheryl</i>	9:30 AM Yogalates <i>Nancy</i>	10:00 AM every other week Express Step <i>Jean</i>	 Happy Labor Day Cardio Sculpt w/ Kris Mon 9/7_ 9:30 am  Grow & Glow w/ Cheryl Mon 9/7_ 11:30 am
4:30 PM Total Body Ball <i>Marie</i>	9:30 AM Pilates Sculpt <i>Kerri W</i>	10:30 AM Yogalates <i>Gretchen</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>	10:30 AM <i>Mary Ann</i> Cardio Drumming	11:30 AM Senior Sculpt <i>Deb</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>	11:30 AM <i>Rose</i> Chair Yoga	4:30 PM Yoga Stretch <i>Marie</i>	5:30 PM Zumba Fit <i>Kris</i>			
	4:30 PM Moves & Muscles <i>Kerri W</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	6:30 PM Total Body Tone <i>Kris</i>			
	5:30 PM Cardio Sculpt <i>Kris</i>	6:30 PM Dance Tone <i>Carol Ann</i>				
	6:30 PM Core & Restore <i>Joyce</i>					

See website for class schedules for Bristol & Dartmouth
 Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA
 Phone: 508-679-9793 www.TotalFitnessClubs.com

Specialty Classes:
 Grow & Glow w/ Cheryl- Mon 9/7_ 11:30 am

Pop-Up Classes:
 Mobility Stretch w/ Cheryl- Tuesdays_ 7:00 am
 Chair Yoga w/ Rose Marie- Tuesdays_ 11:30 am
 Express Mat Madness w/ Maribeth- Wednesdays_ 7:15 am

Friday Night Lights:
 Dance Party w/ Joyce- Fri 9/11_ 5:30 pm
 Cardio Drumming w/ Mary Ann- Fri 9/25_ 5:30 pm