

Group Exercise



OCTOBER



Dartmouth

TOTAL FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Kim</i>	5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Josh</i>	8:00 AM Power Hour <i>Emily</i>	8:30 AM Spinning <i>Susan</i>
8:00 AM TRX Circuit <i>Nadine</i>	8:30 AM <i>Wendy</i> Express Abs	8:30 AM <i>Donna</i> Tai Chi Fit	9:00 AM Tread & Strength <i>Sarah</i>	9:00 AM Raise the Bar <i>Wendy</i>	9:00 AM All Levels Yoga <i>Kendra</i>	
9:00 AM SPINNING <i>Wendy</i>	9:00 AM <i>Wendy</i> Total Strength	9:00 AM Spin & Sculpt <i>Wendy</i>	9:00 AM Power Yoga <i>Donna</i>	10:00 AM Pilates Sculpt <i>Donna</i>	10:00 AM Dance Tone <i>Dawn</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM Tread & Strength <i>Sarah</i>	9:00 AM <i>Donna</i> Barre Above	10:00 AM Silver Strong <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin		
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	11:00 AM Moves & Muscles <i>Kerri W</i>	11:00 AM <i>Wendy</i> Chair Yoga		
	10:15 AM <i>Wendy</i> Express Spin			4:00 PM <i>James</i> Bootcamp		
11:00 AM Low Impact <i>Kerri W</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Bootcamp <i>James</i>	4:30 PM Body Blend <i>Kerri W</i>	 POP-UP CLASSES: Midweek Reset w/ Jason- Thursdays _ 6:30 pm SPECIALTY CLASSES: Glow Classes w/ Kerri- Halloween Week (wear your costume) SUNDAY FUNDAY: Yogalates w/ Cheryl- Sun 10/4 & 10/18_ 10:00 am Zumba w/ Ashleigh- Sun 10/11_ 9:00 am Yoga Flow w/ Cheryl- Sun 10/11_ 10:00 am Halloween Zumba w/ Ashleigh- Sun 10/25_ 9:00 		
4:30 PM <i>Kerri</i> Cardio Sculpt	5:30 PM Yoga Flow <i>Cheryl</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>	5:30 PM Zumba Gold <i>Sue Y</i>			
5:30 PM <i>Ashleigh</i> Zumba Step Mix		6:00 PM Power Hour <i>Emily</i>	6:30PM Midweek Reset <i>Jason</i>			
6:30 PM Balance Burn <i>Joyce</i>						
Dartmouth Total Fitness- 360 Faunce Corner Rd Dartmouth, Mass. 02747 Phone: 508- 995-5600 www.totalfitnessclubs.com						