



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Indoor Cycling <i>Tammy</i>	5:30 AM Gears & Guns <i>Christine</i>	7:15 AM <i>Maribeth</i> Mat Madness	7:45 AM Cardio Kick <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>	8:00 AM Express Step	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>	8:30 AM Raise the Bar <i>Tammy</i>	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>
11:30 AM Mastering Mobility <i>Cheryl</i>	9:30 AM Pilates Sculpt <i>Kerri W</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>	 = OFF TO = THE GYM
4:30 PM Gentle Yoga <i>Marie</i>	10:30 AM <i>Mary Ann</i> Cardio Drumming	11:30 AM Senior Sculpt <i>Deb</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>	11:30 AM <i>Rose</i> Chair Yoga					
6:30 PM Raise the Bar <i>Jeanine</i>	4:30 PM Barre Mix <i>Kerri W</i>	4:30 PM Total Body Ball <i>Marie</i>	4:30 PM Step <i>Erin</i>	11:30 AM <i>Kerri</i> Ageless Activity		
	5:30 PM Cardio Sculpt <i>Kris</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	5:30 PM Zumba Fit <i>Kris</i>	Specialty Classes: Glow Week w/ Kerri- Halloween Week (wear your costumes) Spooky Spin w/ Christine- Sat 10/31_ 8:00 am Pop-Up Classes: Mastering Mobility w/ Cheryl- Mondays_ 11:30 am Friday Night Lights: Cardio Drumming w/ Mary Ann- Fri 10/9_ 5:30 pm		
	6:30 PM Core & Restore <i>Joyce</i>	6:30 PM Dance Tone <i>Carol Ann</i>	6:30 PM Total Body Tone <i>Kris</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						

