Group Exercise



November



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** *Vicky*	8:00 AM **Body Blend** *Nadine*	8:00 AM **Yoga** *Lara*
8:30 AM **Spinning** *Gina*	8:30 AM *Gina* **Dance Tone** 8:30 AM *Sue G.* **Spinning**	8:30 AM **Cardio Chisel** *Erin*	8:30 AM **Dance Tone** *Gina*	8:30 AM **Cardio Chisel** *Erin*	9:00 AM **Zumba Gold** *Sue Y.*	9:00 AM **Spinning** *Denise*
9:00 AM **Body Tuning** *Jen*	9:00 AM *Nadine* **Tread & Shred**	9:00 AM *Sue G.* **Spinning 101** 9:30 AM **Bands & Bodyweight** *Nadine*	8:30 AM **Spinning** *Sue G.*	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** *		9:45 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** 11:45 AM *Nadine* **Senior Circuit**	10:30 AM *Nadine* **Cardio Drumming** 11:30 AM *Nadine* **Senior Fitness**	10:30 AM *Gina* **Core & Balance** 11:45 AM *Nadine* **Senior Circuit**	11:00 AM **Senior Fitness** *Gina*	11:00 AM **Bosu & Burn** *Denise*	
4:30 PM **Raise The Bar** *Claudia*	4:00 PM **Abs & Arms** *Crystal*	3:30 PM **Raise The Bar** *Claudia*	4:00 PM *Crystal* **Butts & Guts**			
5:00 PM **Spinning** *Nadine*	5:00 PM **LaBlast Dancing** *Sue Y.*	4:30 PM *Claudia* **Raise The Bar** 5:30 PM *Lara* **Tighten & Tone**	5:00 PM *Nadine* **Boot Camp Circuit** 5:30 PM *Denise* **Spinning**			
	5:30 PM **Spinning** *Denise*	6:30 PM *Lara* **Yoga**	6:00 PM **Core & Restore** *Joyce*			



* = 30 minutes

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI

Phone: 401-254-3900 www.TotalFitnessClubs.com

POP-UP CLASSES:

Bands & Bodyweight with Nadine - Wednesdays @ 9:30 AM

Raise The Bar with Claudia - Wednesdays @ 3:30 PM

Core & Restore with Joyce - Thursdays @ 6:00 PM

SPECIALTY CLASSES:

Friday Night Salsa with Sue Y. - Fri., 11/13 & 11/27 @ 6:30 PM

"Gobble Till You Wobble" with Nadine - Wed., 11/25 @ 11:30 AM

VETERANS DAY (11/11):

"Ride For The Brave" with Denise & Nadine @ 9:00 AM

Raise The Bar with Claudia @ 10:00 AM

THANKSGIVING DAY (11/26):

"Gratitude Ride" Spinning with Denise @ 9:00 AM

Raise The Bar with Claudia @ 10:00 AM