Group Exercise



November

Dartmouth

TOTALFITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM **Sunrise Spin** *Sue B*	5:30 AM **Bootcamp** *Kim*	5:30 AM **Sunrise Spin** *Sue B*	5:30 AM **Bootcamp** *Pam*	5:30 AM **Sunrise Spin** *Josh*	8:00 AM **Power Hour** *Emily*	
8:00 AM **TRX Circuit** *Nadine*	8:30 AM *Wendy* **Express Abs**	8:30 AM *Donna* **Tai Chi Fit**	9:00 AM **Tread & Strength** *Sarah*	9:00 AM **Raise the Bar** *Wendy*	9:00 AM **All Levels Yoga** *Kendra*	8:30 AM **Spinning** *Susan*
9:00 AM **SPINNING** *Wendy*	9:00 AM *Wendy* **Total Strength**	9:00 AM **Spin & Sculpt** *Wendy*	9:00 AM **Power Yoga** *Donna*	10:00 AM **Pilates Sculpt** *Donna*	10:00 AM **Dance Tone** *Dawn*	
9:00 AM **Pilates Sculpt** *Donna*	9:00 AM **Tread & Strength** *Sarah*	9:00 AM *Donna* **Barre Above**	10:00 AM **Silver Strong** *Donna*	10:15 AM *Wendy* **Express Spin**		
10:00 AM **Gentle Yoga** *Donna*	10:00 AM **Mat Madness** *Maribeth*	10:00 AM *Donna* **Gentle Yoga**	11:00 AM **Moves & Muscles** *Kerri*	11:00 AM *Wendy* **Chair Yoga**		
11:00 AM **Low Impact** *Kerri*	10:15 AM *Wendy* **Express Spin**	11:00 AM **Pilates Sculpt** *Kerri*	4:30 PM **Body Blend** *Kerri*	4:00 PM *James* **Bootcamp**		
4:30 PM *Kerri* **Cardio Sculpt**	11:00 AM **Senior Fitness** *Wendy*	4:30 PM **Bootcamp** *James*	5:30 PM **Zumba Gold** *Sue Y*			
5:30 PM *Kerri* **Zumba**	5:30 PM **Yoga Flow** *Cheryl*	4:30 PM **Pilates Sculpt** *Kerri*				
6:30 PM **Balance Burn** *Joyce*		6:00 PM **Power Hour** *Emily*	6:30PM **Midweek Yoga Reset** *Jason*			

Dartmouth Total Fitness- 360 Faunce Corner Rd
Dartmouth, Mass. 02747
Phone: 508- 995-5600 www.totalfitnessclubs.com

POP-UP CLASSES:

-Midweek Yoga Reset- Thursdays 6:30 pm- Jason
-Cardio Sculpt- Mondays 4:30 pm – Kerri

SPECIALTY CLASSES:

-Zumba/Step mix w/ Ashleigh- Sun 11/1 and 11/8 @9:00 am
-Balance, Core, and Flexibility w/ Cheryl
11/15 and 11/29 @ 9:30am

-Turkey Burn Spin w/ Marybeth 11/26 @ 7:45am
-Yogalattes w/ Cheryl 11/26 @ 8:30am

SUNDAY FUNDAY:

-Yogalates w/ Cheryl- Sun 11/1 & 11/15- 10:30 am
-Yoga Flow w/ Cheryl- Sun 11/8 & 11/29- 10:30 am

Ask Donna about Planksgiving!