

Total Fitness Clubs can help you achieve your fitness goals! Whether you're just beginning or looking to improve your athletic performance.



- Personal Training
- Nutritional Counseling
- Babysitting
- Beginner Exercise Programs
- Choose from over 160+ Group Exercise Classes each week!

And More!

TOTAL FITNESS
BRISTOL SWANSEA SEEKONK DARTMOUTH

Club Hours:

M-Th: 5:00 AM - 10:00 PM

Fri: 5:00 AM - 9:00 PM

Sat: 6:00 AM - 6:00 PM

Sun: 7:30 AM - 5:00 PM

Bristol Total Fitness

685 Metacom Ave
Bristol, RI
401-254-3900

Swansea Total Fitness

207 Swansea Mall Dr.
Swansea, MA
508-679-9793

Seekonk Total Fitness

1301 Fall River Ave. (rt. 6)
Seekonk, MA
508-336-4545

Dartmouth Total Fitness

360 Faunce Corner Rd.
Dartmouth, MA
508-995-5600

Try Us Out!

TotalFitnessClubs.com/FreePass

TOTAL FITNESS
BRISTOL SWANSEA SEEKONK DARTMOUTH

**4 Local Clubs,
1 Great Price!**



Rhode Island Monthly's
best
OF RHODE ISLAND ★

www.TotalFitnessClubs.com
info@totalfitnessclubs.com



Bristol Total Fitness



Swansea Total Fitness



Seekonk Total Fitness



Dartmouth Total Fitness

When you join one **Total Fitness Clubs** location you get access to all four "Total Fitness" Clubs. Our philosophy of Total Fitness spans from cardio/weight training & nutrition to stress management. Whether you're a beginner or an athlete we can help you reach your fitness goals!

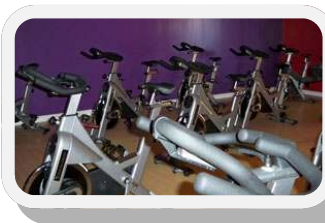
Facilities & Equipment

- Weight Machines & Free Weights
- 30 Min. Weight Training Circuit
- Treadmills w/Personal TVs
- Cardio w/Cardio Theater
- Group Exercise Studio
- Spinning Studio
- Functional Training Studio
- Locker Rooms with Showers, Saunas, Steam Rooms
- Juice/Nutrition Shake Bar

*Choose from over 160+ Group Exercise Classes each week!
Pilates, Yoga, Spinning, Zumba, Body Sculpting, Senior Fitness & More!*

Services

- Babysitting
- Personal Training
- Nutrition/Registered Dietitians
- Beginner Exercise Programs



*Join 1 Club,
Get Access to
4 Clubs!*

*Friendly &
Knowledgeable
Staff*



TOTALFITNESS

BRISTOL SWANSEA SEEKONK DARTMOUTH

Your Membership Includes:

- Access to all 4 TFC Clubs
- No Long-Term Contracts
- Equipment Orientation
- Fitness Consult
- Session With a Registered Dietitian
- Over 160+ Group Exercise Classes to choose from each Week

Stop by for a tour and see what makes our Clubs different!

For Group & Corporate Rates Email
CorporateSales@totalfitnessclubs.com



Facebook.com/totalfitnessclubs

Visit www.TotalFitnessClubs.com to check out Class Schedules, Events, Promotions & More!
Have Questions? Email us at info@totalfitnessclubs.com