






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM <b>SPINNING</b> <i>Tammy</i>	8:30 AM <b>GROUP POWER</b> <i>Gina</i>	8:30 AM  <b>SPINNING</b> <i>Laura / Tammy</i>	8:30 AM <b>GROUP POWER</b> <i>Tammy</i>	6:00 AM <b>SPINNING</b> <i>Lizzie</i>	8:00 AM <b>SPINNING</b> <i>Gina</i>	8:00 AM <b>SPINNING</b> <i>Ruth</i>
9:30 AM <b>Core Fusion</b> <i>Sue</i>	 8:30 AM <b>SPINNING</b> <i>Libby</i>	9:30 AM <b>Yoga-lates</b> <i>Gretchen</i>	9:30 AM <b>Beginner ZUMBA</b> <i>Kerri W</i>	8:30 AM <i>Tammy</i> <b>Cardio Chisel</b>	8:00 AM <b>Step</b> <i>Karyl</i>	9:00 AM <b>Beginner Yoga</b> <i>Marie</i>
10:30 AM <b>Senior Strength</b> <i>Sue</i>	9:30 AM <b>Pilates Sculpt</b> <i>Kerri W</i>	9:45 AM <b>Senior SPINNING</b> <i>Sue</i>	10:30 AM <b>Zen Butts &amp; Guts</b> <i>Kerri W</i>	8:30 AM <b>SPINNING</b> <i>Libby</i>	9:00 AM <b>Vinyasa Yoga</b> <i>Kelly</i>	
	10:30 AM <b>Health in Motion</b> <i>Jim</i>	10:30 AM <b>Senior Strength</b> <i>Sue</i>	11:30 AM <b>Pilates for Posture</b> <i>Cheryl</i>	9:30 AM <b>Yoga-lates</b> <i>Gretchen</i>	10:00 AM <b>Boot Camp</b> <i>Greg</i>	
				10:30 AM <i>Sue</i> <b>Senior Circuit</b>	12:00 PM <b>Warrior Strength</b> <i>Jim</i>	
3:30 PM <i>Jim</i> <b>Warrior Strength</b>	4:30 PM <b>Body Sculpt</b> <i>Karyl</i>	3:30 PM <i>Greg</i> <b>Boot Camp</b>	4:30 PM <b>Step</b> <i>Erin</i>	11:30 AM <i>Kerri</i> <b>ZUMBA</b>	<p align="center"><b><u>Specialty Classes:</u></b></p> <p align="center">Sweat, Sculpt, Stretch Wed 12/5 @ 8:30 AM</p> <p align="center">Weekend GROUP POWER Sat 12/8 &amp; 12/15 @ 7 AM</p> <p align="center">Sweat, Abs, Stretch Mon 12/10 @ 8:30 AM</p>	
4:30 PM <i>Marie</i> <b>Total Body Ball</b>	5:30 PM <b>GROUP POWER</b> <i>Lizzie</i>	4:30 PM <i>Marie</i> <b>Beginner Yoga</b>	5:30 PM <b>GROUP POWER</b> <i>Lizzie</i>			
5:30 PM <i>Joni</i> <b>SPINNING</b>		5:30 PM <i>Jean</i> <b>Step &amp; Sculpt</b>				
5:30 PM <i>Gina</i> <b>Step</b>	6:30 PM <b>30-min Stretch</b> <i>Kerri W</i>	6:00 PM <b>SPINNING</b> <i>Gina</i>	5:30 PM <b>SPINNING</b> <i>Libby</i>			
6:15 PM <i>Gina</i> <b>Abs Express</b>	7:00 PM <b>ZUMBA</b> <i>Kerri W</i>	6:30 PM <b>Vinyasa Yoga</b> <i>Kelly</i>	6:30 PM <b>ZUMBA</b> <i>Kerri W</i>			
6:30 PM <i>Grant</i> <b>Power Hour</b>						

**Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA**  
Phone: 508-679-9793 [www.TotalFitnessClubs.com](http://www.TotalFitnessClubs.com)