





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 vorm. <b>SPIN Core</b> <i>Laurie</i>	5:30 AM <i>Laurie</i> <b>SPINNING</b>	5:30 AM <i>Laurie</i> <b>Functional Fitness</b>	5:30 AM <i>Tammy</i> <b>SPINNING</b>	5:30 AM <i>Laurie</i> <b>Kettlebells</b>	8:00 vorm. <b>SPINNING</b> <i>Gina</i>	8:00 vorm. <b>SPINNING</b> <i>Ruth</i>
8:30 vorm. <b>SPINNING</b> <i>Tammy</i>	8:30 AM <i>Gina</i> <b>GROUP POWER</b>	8:30 vorm. <b>SPINNING</b> <i>Tammy</i>	8:30 AM <i>Tammy</i> <b>GROUP POWER</b>	8:30 AM <i>Libby</i> <b>SPINNING</b>	8:00 AM <i>Karyl</i> <b>Step</b>	8:00 vorm. <b>Step</b> <i>Kerri M</i>
9:30 vorm. <b>Core Fusion</b> <i>Sue</i>	8:30 AM <i>Cheryl</i> <b>SPINNING</b>	9:30 AM <i>Gretchen</i> <b>Yoga-lates</b>	8:30 AM <i>Laurie</i> <b>SPINNING</b>	8:30 AM <i>Tammy</i> <b>Cardio Chisel</b>	9:00 AM <i>Kelly</i> <b>Vinyassa Yoga</b>	9:00 vorm. <b>Beginner Yoga</b> <i>Marie</i>
10:30 vorm. <b>Senior Strength</b> <i>Sue</i>	9:30 AM <i>Kerri W</i> <b>Pilates Sculpt</b>	9:45 vorm. <b>Senior SPINNING</b> <i>Sue</i>	9:30 AM <i>Kerri W</i> <b>Beginners ZUMBA</b>	9:30 AM <i>Gretchen</i> <b>Yoga-lates</b>	9:30 AM <i>Tammy</i> <b>SPINNING</b>	
	10:30 AM <i>Jim</i> <b>Health in Motion</b>	10:30 AM <i>Sue</i> <b>Senior Strength</b>	10:30 AM <i>Kerri W</i> <b>Zen Butts &amp; Guts</b>	10:30 AM <i>Sue</i> <b>Senior Circuit</b>	10:00 AM <i>Greg</i> <b>Boot Camp</b>	
	11:30 AM <i>Tammy</i> <b>Senior Fitness</b>		11:30 AM <i>Cheryl</i> <b>Pilates for Posture</b>	11:30 vorm. <b>Zumba</b> <i>Kerri W</i>	11:00 AM <i>Lauren</i> <b>Barre Fitness</b>	
					12:00 PM <i>Jim</i> <b>Warrior Strength</b>	
3:30 PM <i>Jim</i> <b>Warrior Strength</b>	3:30 PM <i>Tammy</i> <b>Total Body Blast</b>	3:30 PM <i>Greg</i> <b>Boot Camp</b>	4:30 nachm. <b>Step</b> <i>Erin</i>			
4:30 PM <i>Marie</i> <b>Total Body Ball</b>	4:30 PM <i>Karyl</i> <b>Body Sculpt</b>	4:30 PM <i>Marie</i> <b>Beginner Yoga</b>	5:30 nachm. <b>GROUP POWER</b> <i>Lizzie</i>			
5:30 PM <i>Joni</i> <b>SPINNING</b>	5:30 PM <i>Lizzie</i> <b>GROUP POWER</b>	5:30 PM <i>Jean</i> <b>Step &amp; Sculpt</b>	5:30 nachm. <b>SPINNING</b> <i>Libby</i>			
5:30 PM <i>Gina</i> <b>Step</b>	6:00 PM <i>Tammy</i> <b>SPINNING</b>	6:00 nachm. <b>SPINNING</b> <i>Gina</i>	6:30 nachm. <b>ZUMBA</b> <i>Kerri W</i>			
6:15 PM <i>Gina</i> <b>Abs Express</b>	6:30 PM <i>Kerri W</i> <b>30-min Stretch</b>	6:30 nachm. <b>Vinyasa Yoga</b> <i>Kelly</i>				
6:30 PM <i>Grant</i> <b>Power Hour</b>	7:00PM <i>Kerri W</i> <b>Zumba</b>					
<p><b>Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA</b> Phone: 508-679-9793 www.TotalFitnessClubs.com</p>				 <p><b>SPECIALTY CLASSES:</b></p> <p><b>Spin &amp; Yoga for Cyclists: Fri 5/3 @ 5:30 PM</b> ( 30 min spin - 45 min yoga )</p> <p><b>Sweat Abs &amp; Stretch- Mon 5/13 @ 8:30 AM</b> <b>Just Dance- Wed 5/22 @ 8:30 AM</b> <b>Stretch &amp; Stregthen- Mon 5/27 @ 8:30 AM</b></p>		