




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <b>SPINNING</b> <i>Julia</i>	5:30 AM <b>Boot Camp</b> <i>James</i>	5:30 AM <b>SPINNING</b> <i>Julia</i>	5:30 AM <b>Boot Camp</b> <i>James</i>	5:30 AM <b>SPINNING</b> <i>Julia</i>	8:00 AM <b>Kickboxing</b> <i>Julie</i>	8:30 AM <b>SPINNING</b> <i>Tammy</i>
8:30 AM <i>Donna</i> <b>Abs Express</b>	9:00 AM <b>GROUP POWER</b> <i>Wendy</i>	9:00 AM <i>Julie</i> <b>Tabata Burn</b>	9:00 AM <b>Boot Camp</b> <i>James</i>	9:00 AM <b>GROUP POWER</b> <i>Wendy</i>	8:00 AM <b>SPINNING</b> <i>Carrie</i>	9:30 AM <b>GROUP POWER</b> <i>Tammy</i>
9:00 AM <i>Donna</i> <b>Pilates Sculpt</b>	10:00 AM <i>Wendy</i> <b>Abs Express</b>	9:00 AM <i>Wendy</i> <b>Spin &amp; Sculpt</b>	10:00 AM <i>Donna</i> <b>Barre Above Express</b>	10:00 AM <i>Donna</i> <b>Pilates</b>	9:00 AM <b>Vinyassa Yoga</b> <i>Carrie</i>	
9:00 AM <b>SPINNING</b> <i>Wendy</i>	10:30 AM <i>Wendy</i> <b>Silver Sneakers</b>	10:00 AM <i>Donna</i> <b>Gentle Yoga</b>	10:30 AM <i>Donna</i> <b>Silver Sneakers</b>	11:00 AM <i>Wendy</i> <b>Chair Yoga</b>		
10:00 AM <i>Donna</i> <b>Gentle Yoga</b>	11:15 AM <i>Wendy</i> <b>Silver Sneakers</b>	11:00 AM <i>Silver Sneakers Circuit</i> <i>Donna/Wendy</i>	11:15 AM <i>Donna</i> <b>Silver Sneakers</b>	5:30 PM <i>James</i> <b>X - Training</b>		
4:30 PM <b>Kickboxing</b> <i>Julie</i>	5:00 PM <b>Total Body Burn</b> <i>Dawn</i>	4:30 PM <b>SPIN Express</b> <i>Wendy</i>	4:30 PM <b>Total Body Ball</b> <i>Wendy</i>	<p align="center"><b>Specialty Classes:</b></p> <p><i>EXPRESS SPIN- Fri 9/6 &amp; 9/20 @ 10:00 AM</i></p> <p><i>BARRE ABOVE- Sat 9/7 &amp; 9/21 @ 10 :00 AM</i></p> <p><i>STRONG By Zumba- Sun 9/8 &amp; 9/22 @ 8:30 AM</i></p> <p><i>STRETCH- Wed 9/11 &amp; 9/25 @ 8:00 AM</i></p> <p><i>Express Guts &amp; Butts- Tues 9/17 @ 6:00 PM</i></p>		
5:30 PM <b>GROUP POWER</b> <i>Julie</i>		5:00 PM <b>Abs Express</b> <i>Wendy</i>				
5:30 PM <b>SPINNING</b> <i>Laura</i>	5:30 PM <b>SPINNING</b> <i>Julie</i>	5:30 PM <b>GROUP POWER</b> <i>Laura</i>	5:30 PM <b>45/45 Spin/Sculpt</b> <i>Julie</i>			
6:30 PM <b>Yoga-lates</b> <i>Wendy</i>	6:30 PM <b>Tabata Burn</b> <i>Julie</i>	6:30 PM <b>X Training</b> <i>James</i>				
<p align="center">360 Faunce Corner Road Dartmouth, MA</p> <p align="center">Ph. 508-995-5600 <a href="http://www.TotalFitnessClubs.com">www.TotalFitnessClubs.com</a></p>						