



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <b>SPINNING</b> Mary 	5:30 AM <b>SPINNING</b> Michelle 	5:30 AM <b>Functional Fitness</b> Shawn 	5:30 AM <b>SPIN/ CORE</b> Tammy	5:30 AM <b>Boot Camp</b> Tammy 	8:00 AM <b>SPINNING</b> Gina	8:00 AM <b>SPINNING</b> Michelle
8:30 AM <b>SPINNING</b> Tammy	8:30 AM <b>GROUP POWER</b> Gina	8:30 AM <b>SPINNING</b> Laura	8:30 AM <b>GROUP POWER</b> Tammy	8:30 AM <b>SPINNING</b> Libby	8:00 AM <b>Step</b> Karyl	8:00 AM <b>Step</b> Kerri M
9:30 AM <b>Core Fusion</b> Sue G	8:30 AM <b>SPINNING</b> Cheryl	8:30 am <b>Total Body Blast</b> Tam/Jean	9:30 AM <b>SPINNING</b> Tammy 	8:30 AM <b>Cardio Chisel</b> Tammy	9:00 AM <b>Vinyassa Yoga</b> Kelly	9:00 AM <b>Beginner Yoga</b> Kerri M
10:30 AM <b>Senior Strength</b> Sue G	9:30 AM <b>Pilates Sculpt</b> Kerri W	9:30 AM <b>Yoga - Lates</b> Gretchen	9:30 AM <b>Zumba</b> Kerri W	9:30 AM <b>Yoga-lates</b> Gretchen	9:30 AM <b>SPINNING</b> Julia	9:00 AM <b>Beginner Yoga</b> Marie
11:30 AM <b>Pilates for Posture</b> Cheryl 	10:30 AM <b>Health in Motion</b> Jim	9:45 AM <b>Senior SPINNING</b> Sue	10:30 AM <b>Zen Butts &amp; Guts</b> Kerri W	10:30 AM <b>Senior Circuit</b> Sue	9:00 AM <b>Boot Camp</b> Greg	
	11:30 AM <b>Senior Fitness</b> Tammy	10:30 AM <b>Senior Strength</b> Sue	11:30 AM <b>Pilates for Posture</b> Cheryl	11:30 AM <b>Zumba</b> Kerri W	11:00 AM <b>Barre Fitness</b> Lauren	
3:30 PM <b>Warrior Strength</b> Jim	3:30 PM <b>Kickboxing/ Sculpt</b> Tammy	3:30 PM <b>Boot Camp</b> Greg	4:30 PM <b>Step</b> Erin		12:00 PM <b>Warrior Strength</b> Jim	
4:30 PM <b>Total Body Ball</b> Marie	4:30 PM <b>Body Sculpt</b> Karyl	4:30 PM <b>Beginner Yoga</b> Marie	5:30 PM <b>GROUP POWER</b> Laura 			
5:30 PM <b>SPINNING</b> Joni	5:30 PM <b>GROUP POWER</b> Lizzie	5:30 PM <b>Step &amp; Sculpt</b> Jean				
5:30 PM <b>Step</b> Gina	6:00 PM <b>SPINNING</b> Tammy	6:00 PM <b>SPINNING</b> Gina	5:30 PM <b>SPINNING</b> Libby			
6:15 PM <b>Abs Express</b> Gina	6:30 PM <b>30-min Stretch</b> Kerri W	6:30 PM <b>Vinyasa Yoga</b> Kelly	6:30 PM <b>ZUMBA</b> Kerri W			
6:30 PM <b>Power Hour</b> Grant	7:00PM <b>Zumba</b> Kerri W					

### SPECIALTY CLASSES: STRETCH & STRENGTHEN-

Mon 9/23 @ 8:30 AM

YOGA-

Mon 9/30 @ 8:30 AM

SPIN- Thursday 9/5 will be @ 8:30 AM

CLASS CHANGES:

Mon/Tues/ Wed/Fri- 5:30 AM will be w/

Laurie the week 9/2 - 9/6

**ATTENTION**

Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA

Phone: 508-679-9793 [www.TotalFitnessClubs.com](http://www.TotalFitnessClubs.com)