

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM  Sculpt/Spin <i>Tammy (75-min)</i>	5:30 AM <i>Michelle</i> SPINNING	5:30 AM <i>Shawn</i> Functional Fitness	5:30 AM <i>Tammy</i> SPINNING	5:30 AM <i>Tammy</i> Boot Camp	8:00 AM SPINNING <i>Gina</i>	8:00 AM SPINNING <i>Michelle</i>
8:30 AM SPINNING <i>Tammy</i>	8:30 AM <i>Gina</i> GROUP POWER	8:30 AM <i>Laura</i> SPINNING	8:30 AM <i>Tammy</i> GROUP POWER	8:30 AM <i>Libby</i> SPINNING	8:00 AM <i>Erin</i> Step	8:00 AM Step <i>Kerri M</i>
9:30 AM <i>Sue G</i> Core Fusion	9:30 AM <i>Kerri W</i> Pilates Sculpt	9:30 AM <i>Gretchen</i> Yoga - Lates	9:30 AM <i>Kerri W</i> Zumba	9:30 AM <i>Gretchen</i> Yoga-lates	9:00 AM <i>Karyl</i> Vinyassa Yoga	9:00 AM Beginner Yoga <i>Marie</i>
10:30 AM <i>Sue G</i> Senior Strength	10:30 AM <i>Tammy</i> Senior Circuit	9:45 AM <i>Sue</i> Senior SPINNING	10:30 AM <i>Kerri W</i> Zen Butts & Guts	10:30 AM <i>Sue</i> Senior Circuit	9:30 AM <i>Julia</i> SPINNING	
11:30 AM <i>Cheryl</i> Pilates for Posture	11:30 AM <i>Tammy</i> Senior Fitness	10:30 AM <i>Sue</i> Senior Strength	11:30 AM <i>Cheryl</i> Pilates for Posture	11:30 AM Zumba <i>Kerri W</i>	10:00AM <i>Greg</i> Boot Camp	
					REMINDER: <i>New Years Day</i> Specialty classes <i>Only!!</i> <i>(see Dec Schedule)</i>	
3:30 PM <i>Shawn</i> Warrior Strength	3:30 PM <i>Tammy</i> Kickboxing/ Sculpt	3:30 PM <i>Greg</i> Boot Camp	4:30 PM Step <i>Erin</i>			
4:30 PM <i>Marie</i> Total Body Ball	4:30 PM <i>Karyl</i> Body Sculpt	4:30 PM <i>Marie</i> Beginner Yoga	5:30 PM GROUP POWER <i>Laura</i>			
5:30 PM <i>Joni</i> SPINNING	5:30 PM <i>Tam/ Laura</i> GROUP POWER 	5:30 PM <i>Jean</i> Step & Sculpt	5:30 PM SPINNING <i>Libby</i>	SPECIALTY CLASSES: YOGA: Mon 1/6 & 1/13 @ 8:30am PILATES BARRE: Wed 1/8 & 1/22 @ 11:30am INTRO SPIN: Sat 1/11 @ 10:45am GROUP POWER LAUNCH: Tues 1/14 @ 8:30am & 5:30pm BARRE FITNESS: Sat 1/18 & 1/25 @ 11:30am 90-min SPIN: Mon 1/20 @ 8:30am STRETCH & FLOW: Mon 1/20 & 1/27 @ 8:30am		
5:30 PM <i>Gina</i> Step	5:30 PM <i>Tam/ Erin</i> SPINNING 	5:30 PM SPINNING <i>Gina</i>	5:30 PM SPINNING <i>Libby</i>			
6:15 PM <i>Gina</i> Abs Express	6:30 PM <i>Kerri W</i> 30-min Stretch	6:30 PM Vinyasa Yoga <i>Jessica</i>	6:30 PM ZUMBA <i>Kerri W</i>			
6:30 PM <i>Grant</i> Power Hour	7:00PM <i>Kerri W</i> Zumba					
Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com						