TOTALFITNESS
BRISTOL SWANSEA SEEKONK DARTMOUTH

Make Today Amazing

Swansea Total Fitness

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM **Sculpt/Spin** *Tammy (75-min)*	5:30 AM *Michelle* **SPINNING**	5:30 AM *Shawn* **Functional Fitness**	5:30 AM *Tammy* **SPINNING**	5:30 AM *Tammy* **Boot Camp**	8:00 AM **SPINNING** *Gina*	8:00 AM **SPINNING** *Michelle*
8:30 AM **SPINNING** *Tammy*	8:30 AM *Gina* **GROUP POWER**	8:30 AM Laura **SPINNING**	8:30 AM *Tammy* **GROUP POWER**	8:30 AM *Libby* **SPINNING**	8:00 AM *Erin* **Step**	8:00 AM **Step** *Kerri M*
9:30 AM *Sue G* **Core Fusion**	8:30 AM *Cheryl* **SPINNING**	8:30 am *Tam/Jean* **Total Body Blast**	9:30 AM *Tammy* **SPINNING**	8:30 AM *Tammy* **Cardio Chisel**	9:00 AM *Karyl* **Vinyassa Yoga**	9:00 AM **Beginner Yoga** *Marie*
10:30 AM *Sue G* **Senior Strength**	9:30 AM *Kerri W* **Pilates Sculpt**	9:30 AM *Gretchen* **Yoga - Lates**	9:30 AM *Kerri W* **Zumba**	9:30 AM *Gretchen* **Yoga-lates**	9:30 AM *Julia* **SPINNING**	
11:30 AM *Cheryl* **Pilates for Posture**	10:30 AM *Tammy* **Senior Circuit**	9:45 AM *Sue* **Senior SPINNING**	10:30 AM *Kerri W* **Zen Butts & Guts**	10:30 AM *Sue* **Senior Circuit**	10:00AM *Greg* ***Boot Camp***	
	11:30 AM *Tammy* **Senior Fitness**	10:30 AM *Sue* **Senior Strength**	11:30 AM *Cheryl* **Pilates for Posture**	11:30 AM **Zumba** *Kerri W*		
3:30 PM *Shawn* **Warrior Strength**	3:30 PM *Tammy* **Kickboxing/ Sculpt**	3:30 PM *Greg* **Boot Camp**	4:30 PM **Step** *Erin*			
4:30 PM *Marie* **Total Body Ball**	4:30 PM *Karyl* **Body Sculpt**	4:30 PM *Marie* **Beginner Yoga**	5:30 PM **GROUP POWER** *Laura*			
5:30 PM *Joni* **SPINNING**	5:30 PM *Tam/ Laura* **GROUP POWER**	5:30 PM *Jean* **Step & Sculpt**				
5:30 PM *Gina* **Step**	5:30 PM *Tam/ Erin* **SPINNING**	5:30 PM **SPINNING** *Gina*	5:30 PM **SPINNING** *Libby*			
6:15 PM *Gina* **Abs Express**	6:30 PM *Kerri W* **30-min Stretch**	6:30 PM **Vinyasa Yoga** *Jessica*	6:30 PM **ZUMBA** *Kerri W*			
6:30 PM *Grant* **Power Hour**	7:00PM *Kerri W* ***Zumba***					

Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA
Phone: 508-679-9793 www.TotalFitnessClubs.com

SPECIALTY CLASSES:

YOGA: Mon 2/3 @ 8:30am
PILATES: Sat 2/8 & 2/29 @ 11:00am
PILATES STRENGTH & STRETCH: Mon 2/10 & 2/24 @ 8:30am
90-MIN SPIN: Mon 2/10 @ 8:30am
CARDIO CHISEL: Mon 2/17 @ 8:30am