

**Bristol**  
401-254-3900  
685 Metacom Ave  
Bristol, RI



**Swansea**  
508-679-9793  
207 Swansea Mall Dr  
Swansea, MA



**Dartmouth**  
508-995-5600  
360 Faunce Corner Rd  
N. Dartmouth, MA



well hello,  
**march**

**2020: DARTMOUTH**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM <b>Abs Express</b> <i>Donna</i>		9:00 AM <b>Barre Above</b> <i>Donna</i>	9:00 AM <b>Vinyassa Yoga</b> <i>Donna</i>	10:00 AM <b>Pilates</b> <i>Donna</i>	9:00 AM <b>Power Yoga</b> <i>Kendra</i>	
9:00 AM <b>Pilates Sculpt</b> <i>Donna</i>	10:30 AM <b>Silver Sneakers</b> <i>Wendy</i>	10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	10:00 AM <b>Barre Above Express</b> <i>Donna</i>	11:00 AM <b>Chair Yoga</b> <i>Wendy</i>		
10:00 AM <b>Gentle Yoga</b> <i>Donna</i>	11:15 AM <b>Silver Sneakers</b> <i>Wendy</i>	11:00 AM <b>Silver Sneakers CIRCUIT</b> <i>Donna/Wendy</i>	10:30 AM <b>Silver Sneakers</b> <i>Donna</i>			
			11:15 AM <i>Donna</i> <b>Silver Sneakers</b>	<p><b>Dartmouth Studio-1 Specialty Classes:</b></p> <p><b>YOGA:</b> Tues 3/10 &amp; 3/24 &amp; Sun 3/15 @ 9:00am</p> <p><b>BROGA:</b> Mon 3/16 @ 5:30pm</p> <p><b>BARRE FIGHT:</b> Sat 3/28 @ 10:00am</p>		
		5:30 PM <b>PiYo Blast</b> <i>Kerri M</i>				
6:30 PM <b>PiYo Blast</b> <i>Kerri M</i>						



well hello,  
**march**

**2020: DARTMOUTH**



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>SPINNING</b> <i>Michelle</i>	8:30 AM <b>SPINNING</b> <i>Tammy</i>
	9:00 AM <b>GROUP POWER</b> <i>Wendy</i>	9:00 AM <b>Tabata Burn</b> <i>Julie</i>	9:00 AM <b>Boot Camp</b> <i>James</i>	9:00 AM <i>Wendy</i> <b>GROUP POWER</b>	8:00 AM <b>Cardio Kickboxing</b> <i>Julie</i>	9:30 AM <b>GROUP POWER</b> <i>Tammy</i>
9:00 AM <b>SPINNING</b> <i>Wendy</i>	10:00 AM <b>Abs Express</b> <i>Wendy</i>	9:00 AM <b>SPIN &amp; SCULPT</b> <i>Wendy</i>		9:30 AM <i>Erica</i> <b>Lift to be Fit</b>		
				10:00 AM <i>Wendy</i> <b>SPIN Express</b>		
				5:00 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>Strength &amp; Core</b> <i>Wendy</i>	<p><b>Dartmouth Specialtv Classes:</b></p> <p><b>PEDAL TO END CANCER:</b> Sun 3/1 9:00am - 12:00pm</p> <p><b>EXPRESS BUTTS &amp; GUTS:</b> Wed 3/4, 3/18 &amp; 3/25 @ 10:00am</p> <p><b>ZUMBA:</b> Sun 3/8 @ 8:30am</p> <p><b>FAT BURNING BLAST:</b> Sat 3/14 @ 9:00am</p> <p><b>STRENGTH &amp; CORE:</b> Sat 3/21 &amp; 3/28 @ 9:00am</p> <p><b>STRONG by Zumba:</b> Sunday 3/22 @ 8:30am</p>		
5:30 PM <b>GROUP POWER</b> <i>Julie</i>	5:30 PM <b>SPINNING</b> <i>Michelle</i>	5:00 PM <i>Wendy</i> <b>Express Abs</b>	5:30 PM <b>Strong 45</b> <i>Ashleigh</i>			
5:30 PM <b>SPINNING</b> <i>Laura</i>	6:00 PM <b>Tabata Burn</b> <i>Erica</i>	5:30 PM <b>GROUP POWER</b> <i>Laura</i>	5:30 PM <b>45/45 Spin/Sculpt</b> <i>Tammy</i>			
6:30 PM <b>Strong 30</b> <i>Ashleigh</i>		5:30 PM <i>James</i> <b>X - Training</b>				
		6:30 PM <i>Renee</i> <b>HIIT Dance</b>				