



# Swansea Total Fitness 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM <b>Sculpt/Spin</b> <i>Tammy (75-min)</i>	5:30 AM <i>Michelle</i> <b>SPINNING</b>	5:30 AM <i>Shawn</i> <b>The Breakfast Club</b>	5:30 AM <i>Tammy</i> <b>SPINNING</b>	5:30 AM <i>Tammy</i> <b>Boot Camp</b>	8:00 AM <b>SPINNING</b> <i>Gina</i>	8:00 AM <b>SPINNING</b> <i>Michelle</i>
8:30 AM <b>SPINNING</b> <i>Tammy</i>	8:30 AM <i>Gina</i> <b>GROUP POWER</b>	8:30 AM <i>Laura</i> <b>SPINNING</b>	8:30 AM <i>Tammy</i> <b>GROUP POWER</b>	8:30 AM <i>Libby</i> <b>SPINNING</b>	8:00 AM <i>Erin</i> <b>Step</b>	8:00 AM <b>Step</b> <i>Kerri M</i>
9:30 AM <i>Sue G</i> <b>Core Fusion</b>	9:30 AM <i>Kerri W</i> <b>Pilates Sculpt</b>	9:30 AM <i>Gretchen</i> <b>Yoga - Lates</b>	9:30 AM <i>Kerri W</i> <b>Zumba</b>	9:30 AM <i>Gretchen</i> <b>Yoga-lates</b>	9:00 AM <i>Karyl</i> <b>Vinyassa Yoga</b>	9:00 AM <b>Beginner Yoga</b> <i>Marie</i>
10:30 AM <i>Sue G</i> <b>Senior Strength</b>	<small>NEW</small> 10:30 AM <i>Cheryl</i> <b>Stretch &amp; Strength</b>	9:45 AM <i>Sue</i> <b>Senior SPINNING</b>	10:30 AM <i>Kerri W</i> <b>Zen Butts &amp; Guts</b>	10:30 AM <i>Sue</i> <b>Senior Circuit</b>	9:30 AM <i>Julia</i> <b>SPINNING</b>	
11:30 AM <i>Cheryl</i> <b>Pilates for Posture</b>	11:30 AM <i>Tammy</i> <b>Senior Fitness</b>	10:30 AM <i>Sue</i> <b>Senior Strength</b>	11:30 AM <i>Cheryl</i> <b>Pilates for Posture</b>	11:30 AM <b>Zumba</b> <i>Kerri W</i>	10:00AM <i>Greg</i> <b>Boot Camp</b>	
3:30 PM <i>Shawn</i> <b>Pursuit of Health</b>	3:30 PM <i>Tammy</i> <b>Kickboxing/ Sculpt</b>	3:30 PM <i>Greg</i> <b>Boot Camp</b>	4:30 PM <b>Step</b> <i>Erin</i>			
4:30 PM <i>Marie</i> <b>Total Body Ball</b>	4:30 PM <i>Karyl</i> <b>Body Sculpt</b>	4:30 PM <i>Marie</i> <b>Beginner Yoga</b>	5:30 PM <b>GROUP POWER</b> <i>Laura</i>			
5:30 PM <i>Joni</i> <b>SPINNING</b>	5:30 PM <i>Laura/Carol</i> <b>GROUP POWER</b>	5:30 PM <i>Jean</i> <b>Step &amp; Sculpt</b>	5:30 PM <b>SPINNING</b> <i>Libby</i>			
5:30 PM <i>Gina</i> <b>Step</b>	5:30 PM <i>Tammy</i> <b>SPINNING</b>	5:30 PM <b>SPINNING</b> <i>Gina</i>	5:30 PM <b>SPINNING</b> <i>Libby</i>			
6:15 PM <i>Gina</i> <b>Abs Express</b>	6:30 PM <i>Kerri W</i> <b>30-min Stretch</b>	6:30 PM <b>Vinyasa Yoga</b> <i>Jessica</i>	6:30 PM <b>ZUMBA</b> <i>Kerri W</i>			
6:30 PM <i>Grant</i> <b>Power Hour</b>	7:00PM <i>Kerri W</i> <b>Zumba</b>					



## SPECIALTY CLASSES:

- PEDAL TO END CANCER:** Sun 3/1 9:00 am - 12:00 pm
- BARRE FITNESS:** Sat 3/7 & 3/21 @ 11:00 am
- STRETCH & STRENGTHEN:** Mon 3/9 & 3/23 @ 8:30 am
- SPIN 101:** Sat 3/14 @ 10:45 am
- YOGA:** Mon 3/16 & 3/30 @ 8:30 am
- STEP INTERVAL:** Fri 3/27 @ 4:00 pm

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