



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING <i>Michelle</i> 8:30 AM SPINNING <i>Tammy</i> 	8:30 AM Group Power <i>Gina</i>	5:30 AM Breakfast Club <i>Shawn</i> 8:30 AM SPINNING <i>Tammy</i> 10:00 AM Yogalates <i>Gretchen</i>	8:30 AM Group Power <i>Tammy</i> 10:00 AM Zumba <i>Kerri W</i>	8:30 AM Total Body Blast <i>Tammy</i> 10:00 AM Yogalates <i>Gretchen</i>	8:00 AM SPINNING <i>Gina</i> 9:30 AM Cardio Strength Interval <i>Jean</i> OUTDOORS	8:00 AM SPINNING <i>Michelle</i> 9:30 AM Beginner Yoga <i>Marie</i>
5:30 PM Step & Core <i>Gina</i>	5:30 PM SPINNING <i>Tammy</i> 	5:30 PM Super Set Sculpt <i>Gina</i>	5:30 PM SPINNING <i>Libby</i> 	<u>Announcements:</u> <i>All classes must be registered for ahead of time on Motion Vibe.</i> <i>Inquire at the desk or on our website for details.</i> <i>Masks must be worn to enter the building.</i>		
Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA Phone: 508-679-9793 www.TotalFitnessClubs.com						

