

**Group  
Exercise**



# September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM <b>SPINNING</b> <i>Judi</i>	6:00 AM <b>Atomic Core</b> <i>Adriana</i>	5:45 AM <b>SPINNING</b> <i>Leslie</i>	6:00 AM <b>Kettlebells</b> <i>Adriana</i>	5:45 AM <b>SPINNING</b> <i>Adriana</i>		
8:30AM <b>Raise The Bar</b> <i>Jen</i>	8:30 AM <b>Pilates Sculpt</b> <i>Erin</i>	8:30 AM <b>Cardio Chisel</b> <i>Erin</i>		8:30 AM <b>Raise the Bar</b> <i>Erin</i>	8:00 AM <b>Barre Fitness</b> <i>Karen</i>	8:00 AM <b>Yoga</b> <i>Lara</i>
10:00 AM <b>Barre Above</b> <i>Erin</i>	9:00 AM <b>SPINNING</b> <i>SueG</i>	9:00 AM <b>SPIN 101</b> <i>Sue G</i>	9:00 AM <b>SPINNING</b> <i>SueG</i>	9:45 AM <b>Yoga Stretch</b> <i>Kendra</i>	9:30 AM <b>SPINNING</b> <i>Tammy</i>	9:00 AM <b>SPINNING</b> <i>Denise</i>
11:30 AM <b>FIT FOR LIFE</b> <i>Gina</i>	10:30 AM <b>Core &amp; Balance</b> <i>Sue G</i>	10:00 AM <b>Stretch &amp; Strengthen</b> <i>Adriana</i>	10:30 AM <b>Core &amp; Balance</b> <i>Sue G</i>	11:00 AM <b>Line Dancing</b> <i>Gina</i>	9:30 AM <b>Zumba</b> <i>Christine</i>	9:00 AM <b>Tighten *N* Tone</b> <i>Lara</i>
	11:45 AM <b>Strength &amp; Mobility</b> <i>Sue G</i>	11:30 AM <b>Silver Sneakers</b> <i>Sue G</i>	11:45 AM <b>Strength &amp; Mobility</b> <i>Sue G</i>		11:00 AM <b>Mat Pilates</b> <i>Lauren</i>	
4:15 PM <b>Raise The Bar</b> <i>Andrea</i>	4:15 PM <b>Mat Pilates</b> <i>Mayara</i>	4:15 PM <b>Raise The Bar</b> <i>Tammy</i>	4:15 PM <b>Mat Pilates</b> <i>Mayara</i>			
5:30 PM <b>SPINNING</b> <i>Leslie</i>	5:30 PM <b>Muscle Max</b> <i>Leslie</i>	5:30 PM <b>SPINNING</b> <i>Tammy</i>	5:00 PM <b>Total Body Circuit</b> <i>Amilcar</i>			
5:30 PM <b>Step &amp; Ball</b> <i>Gina</i>	5:30 PM <b>SPINNING</b> <i>Denise</i>	5:30 PM <b>Zumba</b> <i>Christine</i>				

## SPECIALTIES-

**RIDE ACROSS AMERICA (90-MIN)**  
**Mon- 9/6 @ 9:00 AM w/ Sue G**  
 (All regular classes will be canceled)



**FREE OUTDOOR BOOTCAMP**  
**Saturday's @ 7:00 AM w/ Adriana**  
 Location- Independence Park

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI

Phone: 401-254-3900 [www.TotalFitnessClubs.com](http://www.TotalFitnessClubs.com)