

**Group
Exercise**



September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise SPIN <i>Julia</i>		5:30 AM Sunrise SPIN <i>Julia</i>		5:30 AM Sunrise SPIN <i>Julia</i>	8:00 AM SPINNING <i>Michelle</i>	8:00 AM SPINNING <i>Michelle</i>
9:00 AM SPINNING <i>Wendy</i>	9:00 AM RAISE THE BAR <i>Wendy</i>		9:00 AM Power yoga <i>Donna</i>	9:00 AM RAISE THE BAR <i>Wendy</i>	8:00 AM Cardio Kickboxing <i>Julie</i>	9:00 AM Cardio Chisel <i>Michelle</i>
9:00 AM Pilates Sculpt <i>Donna</i>	10:15 AM Express SPIN <i>Wendy</i>	9:00 AM Body Tuning <i>Julie</i>	10:00 AM Silver Sneakers Circuit <i>Donna</i>	10:00 AM Barre Fit <i>Donna</i>	9:00 AM All Levels YOGA <i>Kendra</i>	
10:00 AM Gentle Yoga <i>Donna</i>	11:00 AM Silver Sneakers <i>Wendy</i>	9:00 AM SPIN & SCULPT <i>Wendy</i>	10:45 AM Taiji Fit <i>Donna</i>	10:15 AM Express SPIN <i>Wendy</i>	10:00 AM ZUMBA Tone <i>Dawn</i>	
		10:00 AM Barre <i>Donna</i>		11:00 AM Chair Yoga <i>Wendy</i>		
				<h2>Labor Day Specialty</h2> <h3>Strong Nation</h3> <p>Mon: 9/6 @ 9:00 AM W/ Ashleigh</p> <p><i>All regular classes will be canceled this day. day. Have a Happy Labor Day!</i></p>		
5:30 PM STRONG Nation <i>Ashleigh</i>	5:30 PM ZUMBA <i>Ashleigh</i>	4:30 PM STRETCH <i>Julie</i>	4:30 PM Strength & Core <i>Wendy</i>			
5:30 PM SPINNING <i>Sherri</i>	5:30 PM SPINNING <i>Shannah</i>	5:45 PM RAISE THE BAR <i>Dawn</i>	6:00 PM Strong 30/Zumba30 <i>Ashleigh</i>			

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