

December

Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30 AM Pumped Up Barre <i>Karen</i>				
8:30 AM Indoor Cycling <i>Tammy</i>	8:30 AM Cardio Chisel <i>Tammy</i>	8:30 AM Step <i>Jen</i>	8:30 AM Raise the Bar <i>Tammy</i>	8:30 AM Total Body Blast <i>Tammy</i>	8:00 AM Bands & Balls <i>Sue G</i>	8:00 AM Indoor Cycling <i>Carol Ann</i>
9:30 AM Total Body Blast <i>Tammy</i>		9:30 AM Indoor Cycling <i>Tammy</i>	9:45 AM Zumba <i>Kerri W</i>	9:15 AM Senior Cycle <i>Sue G</i>	9:00 AM Indoor Cycling <i>Gina</i>	9:30 AM Beginner Yoga <i>Marie</i>
10:30 AM Senior Fitness <i>Tammy</i>	9:45 AM Pilates Sculpt <i>Kerri W</i>	9:45 AM Yogalates <i>Cheryl</i>	10:45 AM Express Butt & Gut <i>Kerri W</i>	9:45 AM Yogalates <i>Nancy</i>	9:00 AM Step & Sculpt <i>Jean</i>	
11:30 AM Posture Pilates <i>Cheryl</i>	11:00 AM Stretch & Strengthen <i>Cheryl</i>	11:00 AM Senior Sculpt <i>Deb</i>	11:30 AM Senior Stretch <i>Cheryl</i>	11:00 AM Zumba <i>Kerri W</i>	10:00 AM Barre Fitness <i>Karen</i>	
4:30 PM Total Body Ball <i>Marie</i>	4:45 PM Rhythm Cycle 45 <i>Tammy</i>	4:30 PM Yoga Stretch <i>Marie</i>	4:30 PM Step <i>Erin</i>	<p align="center">New Year's Day Sneak Peek!</p> <p align="center">Yoga: Sat 1/1 @ 8:30 AM w/Nancy</p> <p align="center">Spin: Sat 1/1 @ 9:30 AM w/ Sue</p>		
5:30 PM Fusion <i>Sue G</i>	5:30 PM Raise the Bar <i>Tammy</i>	5:30 PM Total Body Burn <i>Carol Ann</i>	5:30 PM Yoga Sculpt <i>Kendra</i>			
5:30 PM Indoor Cycling <i>Carol Ann</i>		5:30 PM Indoor Cycling <i>Gina</i>	5:30 PM Indoor Cycling <i>Carol Ann</i>			
<p align="center">Swansea Total Fitness - 207 Swansea Mall Drive Swansea, MA</p> <p align="center">Phone: 508-679-9793 www.TotalFitnessClubs.com</p>						