


Group Fitness & Aqua Aerobics

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>For a great cardio workout join the party!</p> 			<p>New to Group Fitness? Try <i>Intro to Fitness</i> for a low impact exercise class combining cardio, stretch & pilates techniques!</p>		<p>Intro to Fitness Start your day right! 8:30 - 9:30am Trina</p>	
<p>Quick Fit (30 min) <i>Cardio Party!</i> 4:45-5:15pm Sherry</p>	<p>Quick Fit (30 min) <i>Zumba®</i> 4:45-5:15pm Josie</p>	<p>Quick Fit (30 min) <i>Cardio Party!</i> 4:45-5:15pm Sherry</p>		<p>No Friday Classes</p>		<p>Tai Chi <i>Beginner Basic</i> 10:30 - 11:30am Taj</p>
<p>Quick Fit (30 min) <i>Abs & Glutes</i> 5:30-6:00pm Sherry</p>	<p>Body Sculpt 5:30-6:30pm Trina</p>	<p>Quick Fit (30 min) <i>Abs & Glutes</i> 5:30-6:00pm Sherry</p>	<p>Body Sculpt 5:30-6:30pm Trina</p>			<p>Tai Chi <i>Form</i> 11:30 - 12:30pm Taj</p>
<p>Basic Step & Sculpt 6:00 - 7:00pm Sherry</p>	<p>Hi/Low Aerobics 6:35-7:35pm Trina</p>	<p>Tai Chi <i>Beginner Basic</i> 6:00-7:00pm Taj</p>	<p>Hi/Low Aerobics 6:35-7:35pm Trina</p>			<p>Yoga/Pilates Mix 12:30-1:30pm Nancy</p>
<p>Aqua Aerobics at Carroll Manor Robbie 6:00 - 7:00 pm</p>	<p>Aqua Aerobics at Carroll Manor Charlene 6:00 - 7:00 pm</p>	<p>Aqua Aerobics at Carroll Manor Karole 6:00 - 7:00 pm</p>	<p>Aqua Aerobics at Carroll Manor Kitty 6:00 - 7:00 pm</p>			
	<p>Try <i>Aqua Aerobics</i> for a great workout that's easy on the joints!</p>					
<p>Aqua Aerobics at Carroll Manor Charlene 7:10 - 8:10 pm</p>	<p>Aqua Aerobics at Carroll Manor Charlene 7:10 - 8:10 pm</p>	<p>Aqua Aerobics at Carroll Manor Charlene 7:10 - 8:10 pm</p>	<p>Aqua Aerobics at Carroll Manor Kitty 7:10 - 8:10 pm</p>			

2010 Schedule

12-Week Sessions - Session 2: Mar 29th - Jun 19th

Registration Begins: Mon, Mar. 15th

Group fitness classes meet in Providence Hospital's ground floor exercise studio A.

Aqua aerobics classes meet at Carroll Manor Nursing Rehabilitation Center Pool.



Note: Schedule subject to change without notice