

















Fitness For All—Providence Exercise Class Schedule: February 2020



Monday	Tuesday	Wednesday	Thursday
3	4	5	6
5:00-5:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	9:00-10:00am Forever Fit w/ Arianna 	5:30-6:15am Dyna-Band Dynamics w/Arianna 
10	11	12	13
5:00-5:30pm Abs & Back w/ Arianna 		9:00-10:00am Forever Fit w/ Arianna 	
5:00-5:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	4:30-5:30pm Hatha Yoga w/ Joanne 	5:30-6:15pm Dyna-Band Dynamics w/Arianna 
17	18	19	20
President's Day: No classes		9:00-10:00am Forever Fit w/ Arianna 	5:30-6:15am Dyna-Band Dynamics w/Arianna 
24	25	26	27
5:00-5:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	9:00-10:00am Forever Fit w/ Arianna 	
		4:30-5:30pm Hatha Yoga w/ Joanne 	5:30-6:15am Dyna-Band Dynamics w/Arianna 