## Fitness For All—Providence Exercise Class Schedule: February 2020



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