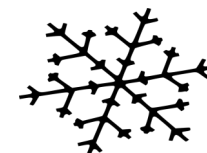



















Fitness For All—Providence Exercise Class Schedule: January 2020



Monday	Tuesday	Wednesday	Thursday
		1	2
		No classes New Year's Day	9:00-9:45am Dyna-Band Dynamics w/Arianna 
6	7	8	9
		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 
13	14	15	16
6:00 –6:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	9:00-10:00am Forever Fit w/ Arianna 	9:00-9:45am Dyna-Band Dynamics w/Arianna 
20	21	22	23
		9:00-10:00am Forever Fit 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 
27	28	29	30
5:30 –6:00pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	9:00-10:00am Forever Fit w/ Arianna 	5:30-6:15pm Dyna-Band Dynamics w/Arianna 