



















Fitness For All—Providence Exercise Class Schedule: March 2020

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
5:00-5:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	9:00-10:00am Forever Fit w/ Arianna 	
9	10	11	12
		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 
16	17	18	19
5:00-5:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 	9:00-10:00am Forever Fit w/ Arianna 	5:30-6:15pm Dyna-Band Dynamics w/Arianna 
23	24	25	26
		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 
30	31		
5:00-5:30pm Abs & Back w/ Arianna 	4:00-5:00pm Chair Yoga w/ Joanne 