

Group Fitness Class Schedule

Effective April 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am			Yoga				
7:00am							
8:30am					Muscle Challenge		
9:00am	Cardio Blast	Cardio Blast	Yoga	Cardio Blast		Boot Camp Yoga	
9:30am	 Chair Yoga	Yoga		Chair Yoga	Yoga 		
10:00am						On The Ball Mat Pilates	Boot Camp Meditation Yoga
10:30am	Fit for Life Chair Yoga		Fit for Life		Fit for Life		
1:00 pm	Strength Training						
4:30pm							
5:30pm	 Mat Pilates		Boot Camp Chair Yoga				
6:30pm	Yoga		Yoga 	Yoga 			
6:45pm		Muscle Challenge					
7:35pm							

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am	Cycle 45		Cycle 45	Cycle 45	Cycle 45		
8:00am						Cycle 45	Cycle 45
9:00am						Cycle 55	Cycle 60
9:30am	Cycle 45	Cycle 45	Cycle 45	Cycle 45	Cycle 45		
1:00pm		Cycle 45		Cycle 45			
4:30pm	Cycle 45	Cycle 55	Cycle 45	Cycle 45	Cycle 45		
5:30pm			Cycle 45	Cycle 45	Cycle 45		
6:00pm	Cycle 45	Cycle 45					
6:30pm			Cycle Clinic				
8:00 pm				Cycle 30			

East Providence Wellness Center, 15 Catamore Blvd, East Providence