



Providence Hospital Wellness Institute  
 2010 Community Exercise Schedule  
 Session 3: Jul. 6<sup>th</sup> – Sept. 25<sup>th</sup> (12-weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 Pressed for time? Check out <u>Quick Fit: Abs &amp; Glutes</u> for a quick workout!			No Friday Classes	<b>Intro to Fitness</b> <i>Start your day right!</i> <b>8:30 - 9:30am</b> Trina
<b>Quick Fit (30 min)</b> <i>Abs &amp; Glutes</i> <b>5:30-6:00pm</b> Sherry	<b>Body Sculpt</b> <b>5:30-6:30pm</b> Trina	<b>Quick Fit (30 min)</b> <i>Abs &amp; Glutes</i> <b>5:30-6:00pm</b> Sherry	<b>Body Sculpt</b> <b>5:30-6:30pm</b> Trina		<b>Tai Chi</b> <i>Beginner Basic</i> <b>10:30 - 11:30am</b> Taj
	<b>Hi/Low Aerobics</b> <b>6:35-7:35pm</b> Trina	<b>Tai Chi</b> <i>Beginner Basic</i> <b>6:00-7:00pm</b> Taj	<b>Hi/Low Aerobics</b> <b>6:35-7:35pm</b> Trina		<b>Tai Chi</b> <i>Form</i> <b>11:30 - 12:30pm</b> Taj
					<b>Yoga/Pilates Mix</b> <b>12:30-1:30pm</b> Nancy
<b>Aqua Aerobics at Carroll Manor</b> Robbie <b>6:00 - 7:00 pm</b>	<b>Aqua Aerobics at Carroll Manor</b> Charlene <b>6:00 - 7:00 pm</b>	<b>Aqua Aerobics at Carroll Manor</b> Karole <b>6:00 - 7:00 pm</b>	<b>Aqua Aerobics at Carroll Manor</b> Kitty <b>6:00 - 7:00 pm</b>		
	Try <u>Aqua Aerobics</u> for a great workout that's easy on the joints!				
<b>Aqua Aerobics at Carroll Manor</b> Charlene <b>7:10 - 8:10 pm</b>	<b>Aqua Aerobics at Carroll Manor</b> Charlene <b>7:10 - 8:10 pm</b>	<b>Aqua Aerobics at Carroll Manor</b> Charlene <b>7:10 - 8:10 pm</b>	<b>Aqua Aerobics at Carroll Manor</b> Kitty <b>7:10 - 8:10 pm</b>		


**2010 Schedule**

**12-Week Sessions - Session 3: Jul 6th - Sept 25th**  
*Registration Begins: Mon, June 14th*

Group fitness classes meet in Providence Hospital's ground floor exercise studio A.

Aqua aerobics classes meet at Carroll Manor Nursing Rehabilitation Center Pool.

*Note: Schedule subject to change without notice*

To Register Call: Tiffany Jones (202)269-7618

# WELLNESS INSTITUTE EXERCISE PROGRAM REGISTRATION FORM

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY / STATE \_\_\_\_\_  
 ZIP CODE \_\_\_\_\_  
 PHONE (DAY) \_\_\_\_\_  
 EMAIL ADDRESS \_\_\_\_\_

**Registration for Session 3  
 Begins Jun. 14<sup>th</sup>, 2010**

Session 1: Jan 04 – Mar 27  
 Session 2: Mar 29 – Jun 19  
*Summer Break: Jun 20th – Jul 05th*  
**Session 3: Jul 06 – Sept 25**  
 Session 4: Sept 27 – Dec 18  
*Winter Break: Dec 20th – Jan 3rd*

SESSION NUMBER:    1    2    3    4

Have You Completed the 2010 Health History/Liability Form?: Yes No

## GROUP FITNESS

CLASSES	DAY	TIME	

## AQUA AEROBICS

CLASSES	DAY	TIME	

### Group Fitness Prices

1 class/wk    \$98.00  
 2 classes/wk \$124.00  
 3 classes/wk \$155.00  
 4 classes/wk \$183.00  
 FLEX PASS \$220.00

### Aqua Aerobics Prices

1 class/ wk    \$120.00  
 2 classes/wk \$160.00  
 3 classes/wk \$185.00  
 4 classes/wk \$216.00

# Classes per week: \_\_\_\_\_  
 COST:                    \$ \_\_\_\_\_  
 DISCOUNT:         \$ \_\_\_\_\_  
 TOTAL:                 \$ \_\_\_\_\_

# Classes per week: \_\_\_\_\_  
 COST:                    \$ \_\_\_\_\_  
 DISCOUNT:         \$ \_\_\_\_\_  
 TOTAL:                 \$ \_\_\_\_\_



***No Credits or Refunds!***

**AVAILABLE DISCOUNTS:**  
 15% Seniors, Age 65+ or PFC Members  
 25% Providence Associates  
 50% Lean to Wellness Participants

**Mail Payment to:**  
 Providence Hospital  
 Wellness Institute  
 Attn: Exercise  
 Registration  
 1150 Varnum Street, NE  
 Washington, DC 20017

**REMINDERS:**

- ❑ For your comfort please bring a towel and water bottle to class
- ❑ AQUA Participants please bring a towel and wear aqua shoes
- ❑ Wellness Institute follows DC Public School's inclement weather policy
- ❑ Holiday & Event Schedule- no classes on:  
     May 31<sup>st</sup>, Jul. 5<sup>th</sup>, Jul. 17<sup>th</sup>, Sept. 6<sup>th</sup>, Nov. 11<sup>th</sup>, Nov. 25<sup>th</sup> – 27<sup>th</sup>
- ❑ Credits / makeups not issued for inclement weather or Holidays

**For more information please call Tiffany Jones at (202) 269-7618**

For Office Use Only:            CP    HH    S    R    PD    DT



WELLNESS  
INSTITUTE  
at Providence Hospital

# 2010 Community Exercise SPECIALS

Try out the  
**NEW Flex Pass!**



The flex pass gives you unlimited access to:

- Cardio Party
- Abs & Glutes
- Zumba
- Body Sculpt
- Hi/Lo Aerobics
- Intro to Fitness
- Yoga/Pilates Mix

**\$220.00**

Take what you want, when you want with the flexibility of the *Flex Pass!*

**PLEASE NOTE: AQUA AEROBICS & TAI CHI ARE NOT PART OF THE FLEX PASS**



*Please note that our regularly scheduled Community Exercise Saturday classes will not be held on this date.*

Providence Hospital invites you to attend its Community Health & Fitness Day as they celebrate "150 Years of Service to the Community."



Saturday, July 17, 2010  
10:00 am - 2:00 pm  
1150 Varnum Street, NE  
Washington, DC 20017



Come and participate in a variety of activities designed to help maintain and improve your health and receive information on nutrition, exercise, and more.

**FREE exercise classes every 30 minutes  
starting 11:00 am to 1:30 pm in the studios!**

Bring your family and friends!