






Providence Hospital Wellness Institute  
 Session Two 2011: April 4th - June 25th (12-Weeks)

# Community Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Fitness Classes in Exercise Studio A</b>					
					<b>Zumba®</b> 8:30-9:30am Josie
	 Tone & firm with Trina! <b>Body Sculpt</b> 5:30-6:30pm Trina		 <i>Begin your weekend refreshed &amp; flexible with A Yoga!</i> <b>Body Sculpt</b> 5:30-6:30pm Trina	<b>No Friday Classes</b>	<b>AM Yoga</b> 9:30-10:30am Nancy
 Try the workout that's more like a party! <b>Zumba®</b> 6:30-7:30pm Nicolle	<b>Hi/Low Aerobics</b> 6:35-7:35pm Trina	 <b>Tai Chi</b> <i>Beginner Basic</i> 6:00 - 7:00 pm Taj	<b>Hi/Low Aerobics</b> 6:35-7:35pm Trina		<b>Tai Chi</b> <i>Beginner Basic</i> 10:30-11:30am Taj
		<i>Challenge your mind &amp; body with Tai Chi</i>			<b>Tai Chi</b> <i>Form</i> 11:30-12:30pm Taj
<b>Aqua Aerobics at Carroll Manor</b>					
<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Robbie 6:00 - 7:00 pm	<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Charlene 6:00 - 7:00 pm	<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Karole 6:00 - 7:00 pm	<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Gina 6:00 - 7:00 pm	<b>Reminders</b>  Group fitness classes meet in Providence Hospital's ground floor Exercise Studio A ~~~~~ Aqua Aerobics classes meet at Carroll Manor Nursing Rehabilitation Center Pool ~~~~~ For your comfort, please bring a towel & water bottle to class ~~~~~ AQUA Participants : Please bring a towel & wear aqua shoes ~~~~~ Yoga Participants : If you have your own mat please bring it with you to class	
 Try <b>Aqua Aerobics</b> for a joint friendly workout!					
<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Charlene 7:10 - 8:10 pm	<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Charlene 7:10 - 8:10 pm	<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Charlene 7:10 - 8:10 pm	<b>Aqua Aerobics</b> <i>at Carroll Manor</i> Gina 7:10 - 8:10 pm		
<b>Community Exercise Policies</b>					
<ul style="list-style-type: none"> <li>• All participants must complete a 2011 Health History form and/or Aqua Aerobics Physician Release form prior to starting class</li> <li>• The Wellness Institute follows DC Public School's inclement weather policy</li> <li>• Holiday &amp; Event Schedule: No Classes will be held on Jan 17th, Feb 21st, May 30th, Jul 4th, Sept 5th, Nov 24th-26th, and Dec 24th</li> <li>• Credits/Makeups are not issued for inclement weather or Holidays</li> </ul>					
<b>If you have any questions or would like to register please call Christine Norris at (202) 269-7618</b>					