



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Pawtucket Family Group Exercise Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
8am					Group Cycling <i>30mins</i> <b>Maria</b>	
8:30am					30 Minute Abs <b>Denise</b>	Full Body HIIT <b>Lynne</b>
9am		Cardio Latin Beat <b>Emiliano</b>	Strength Train Together <b>Emiliano</b>	Cardio Latin Beat <b>Emiliano</b>		
10:30am			Silver Sneakers <b>Emiliano</b> <i>AOA</i>		Silver Sneakers <b>Emiliano</b> <i>AOA</i>	Zumba <b>Denise</b>
11am		AquaFit <b>Emiliano</b> <i>AOA</i>		AquaFit <b>Emiliano</b> <i>AOA</i>		
5pm	Strength Train Together <b>Denise</b>					
5:30pm			Lean & Strong <b>Lynne</b>			
6pm		Group Cycling <b>Maria</b>		Group Cycling <b>Maria</b>		

