



Arcadia Branch
July 21st - July 31st

1190 Main Street
WYOMING, RI 02898
(401) 539-2306

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Spin Spin Chris W 8am - 8:45am	Spin Spin Chris W 8am - 8:45am	Spin Spin Chris W 8am - 8:45am	Spin Spin Kim P 8am - 8:45am	Movin' and Liftin' Arcadia - Wellness Studio A Kim C 8am - 9am	Spin Spin Chris W 8:30am - 9:15am	Spin Spin Kim C 8:30am - 9:15am
	Step Arcadia - Wellness Studio A Kim C 8am - 8:30am						
	Movin' and Liftin' Arcadia - Wellness Studio A Kim C 8:30am - 9:30am						
9am			Body Bar Arcadia - Wellness Studio A Karen A 9am - 9:45am			Zumba Arcadia - Wellness Studio A Ilana S 9:30am - 10:30am	
10am				Adults in Motion Arcadia - Wellness Studio A Karen A 10am - 10:45am			
5pm	Spin Spin Kim P 5:15pm - 6pm	Spin Spin Kristin S 5:30pm - 6:15pm	Spin Spin Kim P 5:15pm - 6pm	Spin Spin Kristin S 5:30pm - 6:15pm			
			POUND Arcadia - Wellness Studio A Regina B 5:45pm - 6:45pm				
6pm				Flow Yoga Arcadia - Wellness Studio A Janice F 6:15pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.