

North Providence Mancini Center

Two Atlantic Boulevard ~ North Providence, RI 02911

401-231-0742 | www.mancinicenter.com

Weekly Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BoneBuilders w/Peter 10:00 AM	Tai Chi w/Bob 9:00 AM	Forever Fit w/Sue 9:00 AM	Strength Matters w/Sue 9:00 AM	Mat Yoga w/Amy 10:00 AM
Mat Yoga w/Amy 10:00 AM	Cardio Strength Training w/Lisa 10:00 AM	Quilting w/Elaine 9:30 AM	Zumba w/Sue 10:00 AM	Now & Zen Chair Yoga w/Amy 11:30 AM
Zumba w/Fran 1:00 PM	Chair Yin Yoga w/ Mary 10:00 AM	Arthritis Exercise w/Sue 10:00 AM	BoneBuilders w/Peter 11:00 AM	Mah Jongg Free Play 1:00 PM
Hi Lo Jack Free Play 1:00 PM	Forever Fit w/Sue 11:30 AM	Meditation w/Mary 11:00 AM	Beginners Line Dancing w/Fran 12:30 PM	ROC Steady w/Lisa 1:15 PM
Mah Jongg Free Play 1:00 PM	Arthritis Exercise w/Maria 1:00 PM	Tai Chi w/Karl 11:00 AM	Stamp Club 1:00 PM	
Michigan Rummy 1:00 PM	Captivating Canvases 1:00 PM	Sit Fit & Strong w/Fran 1:00 PM	Cardio Strength Training w/Lisa 1:30 PM	
Line Dancing w/Fran 2:00 PM	Hi Lo Jack League 1:00 PM	Mah Jongg Free Play 1:00 PM		
Barre Fitness w/Fran 3:00 PM	Scrabble 1:00 PM	Mah Jongg Beginners 1:00 PM		
		Poker League 1:00 PM		

*Billiards Room is open for Free Play Monday through Friday from 9:00 AM to 3:00 PM.

*Fitness Center is open Monday through Friday from 9:00 AM to 3:00 PM.