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
Strength Matters w/Sue 9:00 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
Bone Builders w/Jeanne 10:00 AM	Cardio Strength Training w/Lisa 10:00 AM	Arthritis Exercise w/Sue 10:00 AM	Zumba w/Sue 10:00 AM	Now & Zen Chair Yoga w/Amy 11:30 AM
Mat Yoga w/Amy 10:00 AM	Chair Yin Yoga w/ Mary 10:00 AM	Meditation w/Mary 11:00 AM	Bone Builders w/Michele 11:00 AM	Mah Jongg Advanced/Free Play 1:00 PM
Zumba w/Fran 1:00 PM	Hookers Delight Crochet 10:00 AM	Tai Chi w/Karl 11:00 AM	Beginners Line Dancing w/Fran 12:30 PM	ROC Steady w/Lisa 12:30 PM
Cribbage League/Free Play 1:00 PM	Chair Yin Yoga w/ Mary 11:30 AM	Mah Jongg Instructional/ Advanced/Free Play 1:00 PM	Breathe Meditation 1x Per Month 3rd Thursday 12:30 PM	
Mah Jongg Advanced/Free Play 1:00 PM	Forever Fit w/Sue 11:30 AM	Sit Fit & Strong w/Fran 1:00 PM	Chair Zumba w/Linda 1:30 PM	
Michigan Rummy 1:00 PM	Chair Zumba w/Linda 12:30 PM	Poker League 1:00 PM	Rummikub 1:00PM	
Hi Lo Jack FreePlay 1:00 PM	Scrabble 1:00 PM	Ballroom Swingers w/Fran 2:00 PM		
Line Dancing w/Fran 2:00 PM		Line Dance Country w/Fran 3:00 PM		
Barre Fitness w/Fran 3:00PM				

*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.