



FITNESS IN OCTOBER



Monday, Oct 12th through Friday, October 16th

Monday 10/12

COLUMBUS DAY
CLOSED

Wednesday 10/14

10:00 a.m. Water Aerobics

Pool

11:00 a.m. Mindful Movement

Aerobic Room

1:00 p.m. Tai Chi

Aerobic Room

Thursday 10/15

10:00 a.m. Exercise & Stretch

Aerobic Room

10:30 a.m. Chair class

Aerobic Room

Friday 10/16

10:00 a.m. Chair Yoga

Aerobic Room

RESISTANCE ROOM HOURS

Monday – Friday

8:00 a.m. - 12:00 p.m. & 12:30 p.m. - 4:00 p.m.

Saturday

8:30 a.m. - 12:00 p.m. & 12:30 p.m. - 3:00 p.m.

POOL & LOCKER ROOM HOURS

Monday – Friday

8:00 a.m. – 11:45 a.m. & 12:30 p.m. – 4:00 p.m.

If using locker room: 8:00 a.m.–11:45a.m. & 12:30 p.m.–3:45p.m.

Saturday & Sunday

8:30 a.m. - 12:00 p.m. & 12:30 p.m. - 3:00 p.m.

If using locker room: 8:30 a.m.–11:45a.m. & 12:30 p.m.–2:45p.m.

FITNESS DEPARTMENT REMINDERS

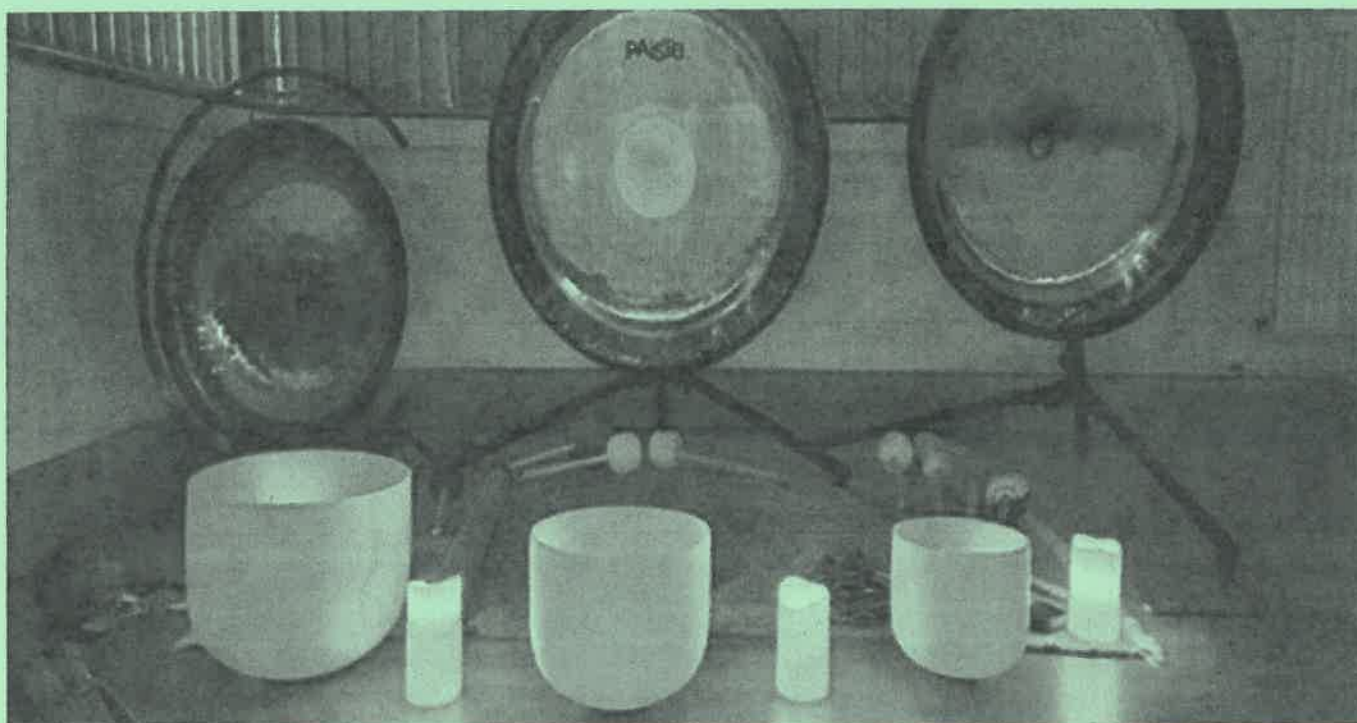
****SHOWERS ARE REQUIRED IN THE LOCKER ROOMS
BEFORE ENTERING THE POOL
(PER BOARD OF HEALTH).**

****TO SCHEDULE, RESCHEDULE, OR CANCEL YOUR
RESISTANCE ROOM APPOINTMENT DIAL THE
RESISTANCE ROOM LINE: 401-228-8445
POOL LINE: 401-533-9645**

FITNESS DEPARTMENT PRESENTS

HEALING SOUND MEDITATION

THURSDAY, OCTOBER 29, AT 2:30 P.M.



HEALING SOUND MEDITATION

The sound of a gong helps the brain reach deep relaxation – specifically the delta and theta brain wave states, which are the slowest brain waves in humans. We tend to reach these states during daydreaming or deep sleep, and they are known to aid relaxation, creativity, and natural healing.