



# FALL 2023 WELLNESS PROGRAM SCHEDULE

**Hi-Low Aerobics – Mondays, 6p-7p (no class Columbus Day 10/9)**

Cardio and floor work to get your heart pumping!  
CLASS LIMIT: 20 FEE: \$48 residents / \$64 non-residents

**Agnes Little School Gym**  
Instructor: Laurie Randall  
CLASS DATES: 9/11 -11/6

**Yoga – Mondays, 7:15p – 8:30p (no class Columbus Day 10/9)**

Gentle yoga & meditation for the beginner. **Bring your own mat**  
CLASS LIMIT: 20 FEE: \$48 residents / \$64 non-residents

**Agnes Little School Gym**  
Instructor: Kelly Bastien  
CLASS DATES: 9/11 – 11/6

**Dance Cardio Blast \*MINI -SESSION\* – Mondays, 6p – 7p (no class Columbus Day 10/9)**

Have a blast while toning, burning calories & dancing to fun music.  
CLASS LIMIT: 20 FEE: **\$24 residents / \$32 non-residents** **4 WEEK SESSION**

**Jenks Jr. High Cafeteria**  
Instructor: Stephanie Jacobsen  
CLASS DATES: **10/16 -11/6**

**Total Body Fit – Tuesdays, 6p – 7p**

Strength training & cardio – bring your own mat & weights  
CLASS LIMIT: 20 FEE: \$48 residents / \$64 non-residents

**Jenks Jr. High Cafeteria**  
Instructor: Molly Tierney  
CLASS DATES: 9/12 – 11/7

**Dance Mix – Wednesdays, 6p – 7p**

Learn the dances that will get you noticed on the dance floor!  
CLASS LIMIT: 20 FEE: \$48 residents / \$64 non-residents

**Jenks Jr. High Dance Room**  
Instructor: Kathy Marshall  
CLASS DATES: 9/13 – 11/1

**Dance Cardio Blast – \*MINI -SESSION\* Wednesdays, 6p – 7p**

Have a blast while toning, burning calories & dancing to fun music.  
CLASS LIMIT: 20 FEE: **\$24 residents / \$32 non-residents** **4 WEEK SESSION**

**Jenks Jr. High Cafeteria**  
Instructor: Stephanie Jacobsen  
CLASS DATES: **10/11 -11/1**

**Ballroom Dancing – Thursdays, 6p-7p (This is a beginner level class)**

Salsa, Swing, Foxtrot & Cha Cha – come learn the classics! No partner needed!  
CLASS LIMIT: 20 FEE: **\$56 residents / \$72 non-residents**

**Agnes Little School Gym**  
Instructor: Deanna Soares  
CLASS DATES: 9/14 -11/2

**Yoga – Thursdays, 7:15p – 8:30p**

Many yoga styles, breath work & meditation ending in savasana **bring your own mat**  
CLASS LIMIT: 20 FEE: \$48 residents / \$64 non-residents

**Agnes Little School Gym**  
Instructor: Kelly Bastien  
CLASS DATES: 9/14 – 11/2

## STUFF FOR THE KIDS, TOO!



**Children’s Gymnastics – Saturdays, 9:30a – 11:45a**

**Level 1 - 4-6 years** is an introduction to gymnastics equipment & basic skills.  
9:30 am to 10:30 am \$56—residents \$72—non-residents

**Jenks Jr. High Gymnasium**  
Instructor: Brittany Tavares  
CLASS DATES:

**Level 2 \_7-17 years old**, from beginners to advanced abilities  
10:45 am to 11:45 am \$56—residents \$72—non-residents

**9/16 – 11/4**

**REGISTRATION BEGINS AUGUST 21<sup>st</sup> AND ENDS SEPTEMBER 22<sup>nd</sup>**

**APPLY ONLINE OR IN PERSON AT THE SLATER PARK OFFICE**

Follow us on the Pawtucket Parks & Recreation Facebook page.  
For up to the minute information and cancellation notices.




**ONLINE REGISTRATION INSTRUCTIONS ON THE BACK**



## APPLY ONLINE OR IN PERSON AT THE SLATER PARK OFFICE



You now have the opportunity to register and pay for classes on-line at your convenience. As part of the process, each individual will need to create an account, if you have not already done so. This account, once established, will make all of your future Parks & Recreation transactions (program registration or facility rentals) more expedient.

- To get started on-line, please visit the City of Pawtucket website ([www.pawtucketri.com](http://www.pawtucketri.com)) and click on the “Departments” tab and go to Parks & Recreation. Then click on the box that says “**Click here for On-Line Registration**” 
- Click “**create a new account**” and complete the items **or Log in** if an account has already been created.
- **INDIVIDUALS WITH CHILDREN** should include the children under **add household members** (this will be important when registering for youth programs such as gymnastics, children’s yoga, summer camp, etc.)
- You can now log back in and click the **Programs** tab (this option outlines description and cost). The **Category Filter** box on the left side can assist in your search.
- From this point, you can register for the classes you choose and pay with a credit card when completed.

**Please contact the Recreation Office at 401-728-0500 ext. 251 if you have any questions or need assistance in establishing an account. We look forward to serving you this year!**

**You may also use this QR code to gain access to our website**

