

**The Greater Providence Baptist Church Alpha Fitness Program
 PROMOTES HEALTH AND WELLNESS TO GREATER PROVIDENCE MEMBERS AND THE SURROUNDING
 COMMUNITY THROUGH EXERCISE CLASSES, BECOMING BETTER VESSELS FOR GOD.**

Weekly Schedule
(All classes are FREE & held in the gym of the Family Life Center)

Monday	Tuesday		Thursday	Friday
 <p align="center">Senior Workout (Aerobics) 11:00 AM</p> <hr/> <p align="center"><i>Mary Ledbetter</i></p> <hr/> <p align="center">Line Dancing 12:30 PM</p>	<p align="center">Chair Yoga 10:30 AM</p>  <p align="center"><i>Debra McWhirter</i></p>		<p align="center">Senior Workout (Aerobics) 11:00 AM</p> <hr/> <p><i>Maintain or lose weight</i> Decrease risk of heart disease</p> <p><i>Promote an active & healthy lifestyle</i> Improve bone health & increase bone density</p> <p><i>Improve sleep & energy levels</i> Reduce stress</p>	<p align="center">Chair Yoga 10:30 AM</p> <hr/> <p align="center">Line Dancing 12:30 PM</p>  <p align="center"><i>Barbara Ray</i></p>