



PAWTUCKET PARKS & RECREATION FALL – 2024 WELLNESS PROGRAM



Mat Pilates – Mondays, 6p-7p (no class Columbus Day 10/14)

Mat Pilates uses dynamic stretching to gently and effectively lengthen muscles.

CLASS LIMIT: 30 **FEE: \$52 residents / \$65 non-residents**

Jenks Jr. High Cafeteria – Ashton St – door 16

Instructor: Brigid Keefe

CLASS START DATE: 9/9

Hi-Low Aerobics – Mondays, 6p-7p (no class Columbus Day 10/14)

Cardio and floor work to get your heart pumping!

CLASS LIMIT: 20 **FEE: \$52 residents / \$65 non-residents**

Agnes Little School Gym – 60 South. Bend St

Instructor: Laurie Randall

CLASS START DATE: 9/9

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

Many yoga styles, breath work & meditation ending in savasanna **bring your own mat**

CLASS LIMIT: 20 **FEE: \$52 residents / \$65 non-residents**

Jenks Jr. High Dance Room – Ashton St – door 16

Instructor: Kelly Bastien

CLASS START DATE: 9/9

Dance Mix – Wednesdays, 6p – 7p

Learn the dances that will get you noticed on the dance floor!

CLASS LIMIT: 20 **FEE: \$52 residents / \$65 non-residents**

Jenks Jr. High Dance Room – Ashton St – door 16

Instructor: Kathy Marshall

CLASS START DATE: 9/11

Photography, Editing, and what to do with your finished photos – Thursdays, 6p-7p

Get more out of your photography, from learning tricks to maximize your favorite camera’s potential, to better post processing and organization of your photos. This is a class for all experience levels. From phone to professional cameras

CLASS LIMIT: 20 **FEE: \$ 60 residents / \$72 non-residents**

Agnes Little Media Room – 60 South Bend St.

Instructor: Kevin Wright

CLASS START DATE: 9/12

Yoga – Thursdays, 7:15p – 8:30p

Many yoga styles, breath work & meditation ending in savasanna **bring your own mat**

CLASS LIMIT: 20 **FEE: \$ 60 residents / \$72 non-residents**

Jenks Jr. High Dance Room – Ashton St – door 16

Instructor: Kelly Bastien

CLASS START DATE: 9/12

Children’s Gymnastics – Saturdays CLASS START DATE: 9/14

Jenks Jr. High Gymnasium - Division St – door # 3

Level 1 - 4-6 years is an introduction to gymnastics equipment & basic skills. Instructor: Autumn Krygier

9:30 am to 10:30 am

\$62—residents \$74—non-residents

Level 2 _ 7-17 years old, from beginners to advanced abilities

10:45 am to 11:45 am

\$62—residents \$74—non-residents



All classes are 8 weeks in duration – cancellations are made up at the end of the initial schedule

REGISTRATION BEGINS AUGUST 12th AND ENDS SEPTEMBER 14th

REGISTRATION PROCESS:

Click the QR code or visit pawtucketri.gov/parks.

Scroll to the section labeled “ONLINE RENTAL INSTRUCTIONS”.

Proceed with the registration through the section labeled “ONLINE REGISTRATION PROCESS”



Follow us on the [Pawtucket Parks & Recreation Facebook page](#) for up to the minute information and cancellation notices.