


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