



# NEWPORT COUNTY YMCA

792 VALLEY ROAD, MIDDLETOWN, RI 02842

## Offsite and Specialty Class Schedule - Summer 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Middletown Senior Center</b>			
		10:30 AM Strength & Tone Mary			
11:00 AM SilverSneakers® MS-ROM Mary			11:00 AM SilverSneakers® MS-ROM Mary		

**"WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES"**

*Middletown Senior Center* classes are held at 650 Green End Avenue in Middletown.

*SilverSneakers®* classes are held in the Group Exercise Studio at the YMCA.

For more information contact Heather A. Romao, 847-9200 ext 117.

YMCA membership is not needed to register for offsite or specialty programs. Additional fees apply.