

Zumba, Sculpting, Yoga and Pilates

With Nina Cerviatti

March 2012

Monday	Tuesday	Wednesday	Thursday
<p>5</p> <p>No Excuses / Total Wellness 4:30 to 5:30 PM 175 Highland St (Rte 31) Holden Register 508-829-0263</p> <p>Zumba 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, 01605 register 508-799-31-71</p>	<p>6</p> <p>Zumba 6:00 PM to 7:00 PM Mayo Elementary School 351 Bullard St Holden, 01520 register 508-829-0263</p> <p>Beginners Sculpting with Stability Ball 7:15 PM to 8:15 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>7</p> <p>Zumba 5:00 PM to 6:00 PM First Presbyterian Church Worcester 125 Holden Street Register call 508-208-4743</p> <p>Beginners Yoga with Pilates 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>8</p> <p>Zumba with Sculpting 6:00 PM to 7:00 PM Mountview Middle School 270 Shrewsbury, 01520 register 508-829-0263</p>
<p>12</p> <p>No Excuses / Total Wellness 4:30 to 5:30 PM 175 Highland St (Rte 31) Holden Register 508-829-0263</p> <p>Zumba 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, 01605 register 508-799-31-71</p>	<p>13</p> <p>Zumba 6:00 PM to 7:00 PM Mayo Elementary School 351 Bullard St Holden, 01520 register 508-829-0263</p> <p>Beginners Sculpting with Stability Ball 7:15 PM to 8:15 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>14</p> <p>Zumba 5:00 PM to 6:00 PM First Presbyterian Church Worcester 125 Holden Street Register call 508-208-4743</p> <p>Beginners Yoga with Pilates 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>15</p> <p>Zumba with Sculpting 6:00 PM to 7:00 PM Mountview Middle School 270 Shrewsbury, 01520 register 508-829-0263</p>
<p>19</p> <p>No Excuses / Total Wellness 4:30 to 5:30 PM 175 Highland St (Rte 31) Holden Register 508-829-0263</p> <p>Zumba 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, 01605 register 508-799-31-71</p>	<p>20</p> <p>Zumba 6:00 PM to 7:00 PM Mayo Elementary School 351 Bullard St Holden, 01520 register 508-829-0263</p> <p>Beginners Sculpting with Stability Ball 7:15 PM to 8:15 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>21</p> <p>Zumba 5:00 PM to 6:00 PM First Presbyterian Church Worcester 125 Holden Street Register call 508-208-4743</p> <p>Beginners Yoga with Pilates 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>22</p> <p>Zumba with Sculpting 6:00 PM to 7:00 PM Mountview Middle School 270 Shrewsbury, 01520 Register 508-829-0263</p>
<p>26</p> <p>No Excuses / Total Wellness 4:30 to 5:30 PM 175 Highland St (Rte 31) Holden Register 508-829-0263</p> <p>Zumba 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, 01605 register 508-799-31-71</p>	<p>27</p> <p>Zumba 6:00 PM to 7:00 PM Mayo Elementary School 351 Bullard St Holden, 01520 register 508-829-0263</p> <p>Beginners Sculpting with Stability Ball 7:15 PM to 8:15 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>28</p> <p>Zumba 5:00 PM to 6:00 PM First Presbyterian Church Worcester 125 Holden Street Register call 508-208-4743</p> <p>Beginners Yoga with Pilates 6:30 PM to 7:30 PM Forest Grove Middle School 485 Grove St Worcester, register 508-799-31-71</p>	<p>29</p> <p>Zumba with Sculpting 6:00 PM to 7:00 PM Mountview Middle School 270 Shrewsbury, 01520 register 508-829-0263 Register 508-799-3171</p>

It all starts here....

Enrichment of the mind, nourishment of the body, uplifting of the soul, a place to share, learn and grow.

A place for nurturing the human potential.

Creating a better world one breath at a time and one class at a time.