

NEW
Active Older Adult Class

Arthritis Exercise Program

The Arthritis Foundation Exercise Program is a recreational exercise class designed to help address therapeutic problems and may help achieve the following physical goals:

- **Reduce pain and stiffness**
- **Restore or maintain joint range of motion**
- **Maintain or increase muscle strength**
- **Improve balance and coordination**
- **Decrease fatigue and increase endurance**
- **Improve overall perceived health status**

Classes Start
Thursday, September 16th

Youth Fitness Center
1:00 to 2:00 pm

Instructor: Irina

