

# Arthritis Foundation Exercise and SilverSneakers Stability

## Exercise Class Schedule: Fall 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am				<b>Arthritis Exercise Hasselbring Senior Center</b> – Outside; Instructor: Abbie Mars	
9:30am		<b>Arthritis Exercise - Loose Senior Center</b> – Inside Class; Instructor: Abbie Mars	<b>Arthritis Exercise Davison Senior Center</b> – Indoor Class; Instructor: Abbie Mars		<b>Arthritis Exercise Eastside Senior Center</b> – Inside Class; Instructor: Sandy Cox
10:00am	<b>Stability –</b> Via Zoom Instructor: Abbie Mars	<b>Arthritis Exercise - Grand Blanc Senior Center</b> – Outside Class; Instructor: Jennifer Joyner		<b>Arthritis Exercise</b> – Via Zoom; Instructor: Jennifer Joyner	
10:30am					<b>Arthritis Exercise - Thetford Twp. Senior Center</b> – Outside Class; Starting September 18; Instructor: Jennifer Joyner – 6-week class
11:00am					<b>Arthritis Exercise – Swartz Creek Senior Center</b> – Inside & Via Zoom; Instructor: Abbie Mars
11:30am			<b>Stability – Carmen Ainsworth Senior Center</b> – Outside Class; Instructor: Abbie Mars – Class is at 11:15am	<b>Stability – Temple Beth El</b> – Inside Class; Starting October 15; Instructor: Abbie Mars 6 Week Class ONLY	

1:00pm			<b><u>Arthritis Exercise - Clio Area Senior Center –</u></b> Outside Class; Starting October 7; Instructor: Jennifer Joyner  <b><u>Stability- Woodhaven Senior Community:</u></b> Inside Class; Starting October 14; Instructor: Abbie Mars		<b><u>Arthritis Exercise - Forest Twp. Senior Center-</u></b> Outside Class; Starting September 18; Instructor: Jennifer Joyner – 6-week class
2:00pm	<b><u>Arthritis Exercise –</u></b> Via Zoom Instructor: Abbie Mars	<b><u>Stability – Flushing Senior Center –</u></b> Via Zoom; Instructor: Abbie Mars			

All in person classes **MUST** call the senior center location to sign up. Space is limited. Classes that are inside must wear a face mask and will be spaced 6ft apart.

To register for a Zoom class please contact: Abbie Mars at [marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)