

## Arthritis Foundation Exercise Program and SilverSneakers Stability Ongoing Classes 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	<u>Arthritis Exercise</u> Davison Sr Center		<u>Arthritis Exercise</u> Hasselbring Sr. Center		
9:30am		<u>Arthritis Exercise</u> Loose Sr. Center			<u>Arthritis Exercise</u> Eastside Sr. Center
10:00am		<u>Arthritis Exercise</u> Grand Blanc Sr. Center	<u>Arthritis Exercise</u> Davison Sr. Center	<u>Arthritis Exercise</u> Grand Blanc Sr. Center	
11:00am		<u>Stability</u> Carmen Ainsworth Sr Center		<u>Arthritis Exercise</u> Loose Sr. Center	<u>Arthritis Exercise</u> Ascension Genesys Athletic Center  <u>Arthritis Exercise</u> Swartz Creek Sr. Ctr.
2:00pm		<u>Stability</u> Flushing Sr. Center <u>Arthritis Exercise</u> Grand Blanc Sr. Center			

**Arthritis Foundation Exercise Program** is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class.

**SilverSneakers Stability** is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.