

Arthritis Foundation Exercise Program and SilverSneakers Stability Ongoing Fall Classes 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am			<u>Arthritis Exercise</u> Hasselbring Sr. Center		
9:15am	<u>Arthritis Exercise</u> Davison Sr Center	<u>Arthritis Exercise</u> Loose Sr. Center		<u>Arthritis Exercise</u> Loose Sr. Center	
9:30am					<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> Forest Twp. Sr. Center	<u>Arthritis Exercise</u> Grand Blanc Sr. Center	
10:15am		<u>Arthritis Exercise</u> Loose Sr. Center		<u>Arthritis Exercise</u> Loose Sr. Center	
11:00am		<u>Stability</u> Carmen Ainsworth Sr Center (11:30am)	<u>Arthritis Exercise</u> Brennan Community Center		<u>Arthritis Exercise</u> Swartz Creek Sr. Ctr.
12:45pm		<u>Arthritis Exercise</u> Durand Senior Center			
1:00pm			<u>Stability</u> Morrice Senior Center (October 9-December 18)		<u>Arthritis Exercise</u> Ascension Genesys Athletic Center
2:00pm		<u>Stability</u> Flushing Sr. Center <u>Arthritis Exercise</u> Grand Blanc Sr. Center <u>Stability -2 :30pm</u> Owosso Senior 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.