

**Arthritis Foundation Exercise Program and SilverSneakers Stability  
 Winter Classes 2024**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am			<b>Arthritis Exercise</b> Hasselbring Sr. Center		
9:15am	<b>Arthritis Exercise</b> Davison Sr Center			<b>Arthritis Exercise</b> Loose Sr. Center	
9:30am		<b>Arthritis Exercise</b> Loose Sr. Center		<b>Arthritis Exercise</b> Loose Sr. Center	<b>Arthritis Exercise</b> Eastside Sr. Center
10:00am	<b>Stability</b> Eastside Sr. Center (December – January 2025)	<b>Arthritis Exercise</b> Grand Blanc Sr. Center	<b>Arthritis Exercise</b> Davison Sr. Center  <b>Arthritis Exercise</b> Forest Twp. Sr. Center	<b>Arthritis Exercise</b> Grand Blanc Sr. Center	
10:30am		<b>Arthritis Exercise</b> Loose Sr. Center		<b>Arthritis Exercise</b> Loose Sr. Center	
11:00am	<b>Stability</b> Morrice Senior Center (February 2025)	<b>Stability -11:30am</b> Carman Ainsworth Sr. Center (January – March 2025)	<b>Arthritis Exercise</b> Brennan Community Center		<b>Arthritis Exercise</b> Swartz Creek Sr. Ctr.
1:00pm					<b>Arthritis Exercise</b> Ascension Genesys Athletic Center
2:00pm		<b>Stability</b> Flushing Sr. Center <b>Arthritis Exercise</b> Grand Blanc Sr. Center <b>Stability -2 :30pm</b> 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.

