

# Weekly Exercise Calendar



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Arthritis Exercise Davison Senior Center - 9:15am	Arthritis Exercise Mundy Twp - 9:15am Starting Oct 14	Arthritis Exercise Hasselbring Senior Center		
9:30am				Arthritis Exercise Loose Drums Alive Golden Beats Loose Starting November 6	Arthritis Exercise Eastside Sr Center  Drums Alive Golden Beats Swartz Creek Sr Center Starting November 14
10:00am	SilverSneakers Stability Eastside Senior Center September 22 - November 3	Arthritis Exercise Grand Blanc Senior Center	Arthritis Exercise Forest Twp Senior Center  Arthritis Exercise Davison Senior Center	Arthritis Exercise Grand Blanc Senior Center	
10:30am				Arthritis Exercise Loose	
11:00am		SilverSneakers Stability Carman Ainsworth Sr Center 11:30am Starting October 14	Arthritis Exercise Brennan Community Center		Arthritis Exercise Swartz Creek Senior Center
12:30pm		Arthritis Exercise Durand Senior Center October 7 - November 18			
2:00pm		Arthritis Exercise Grand Blanc Senior Center  SilverSneakers Stability Flushing Senior Center			
3:00pm					Drums Alive Golden Beats Primary Prevention Physiotherapy -Flushing Starting October 24



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