

**Arthritis Foundation Exercise Program, SilverSneakers Stability and Drums Alive Golden Beats  
 Spring & Summer Classes 2026**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:15am</b>	<b><u>Arthritis Exercise</u></b> Davison Senior Center	<b><u>Drums Alive Golden Beats</u></b> Hasselbring Senior Center			
<b>9:30am</b>				<b><u>Arthritis Exercise</u></b> Loose Sr Center	<b><u>Arthritis Exercise</u></b> Eastside Sr. Center
				<b><u>Drums Alive Golden Beats</u></b> Loose	<b><u>Drums Alive Golden Beats</u></b> Swartz Creek Sr. Center
<b>10:00am</b>		<b><u>Arthritis Exercise</u></b> Grand Blanc Sr. Center	<b><u>Arthritis Exercise</u></b> Forest Twp. Sr. Center	<b><u>Arthritis Exercise</u></b> Grand Blanc Sr. Center	
			<b><u>Arthritis Exercise</u></b> Davison Senior Center		
<b>10:30am</b>				<b><u>Arthritis Exercise</u></b> Loose Sr Center	
<b>11:00am</b>	<b><u>Arthritis Exercise</u></b> Elmcrest Senior Village Flushing June 1 – July 27	<b><u>SilverSneakers Stability</u></b> Carman Ainsworth Senior Center 11:30am	<b><u>Arthritis Exercise</u></b> Brennan Community Center		<b><u>Arthritis Exercise</u></b> Swartz Creek Sr. Ctr.
<b>12:30pm</b>			<b><u>Drums Alive</u></b> Loose Senior Center		
<b>1:00pm</b>	<b><u>Drums Alive Golden Beats</u></b> Carman Ainsworth Senior Center				
<b>2:00pm</b>		<b><u>Arthritis Exercise</u></b> Grand Blanc Sr. Center			
		<b><u>SilverSneakers Stability</u></b> Flushing Senior Center			
<b>3:00pm</b>	<b><u>Drums Alive</u></b> Elmcrest Senior Village Flushing June 1 – July 27				



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