

MONDAY

8:30am — Exercise for Arthritis
9am — Core Strength
10am — Balance Class
10:30am — Cardio
11am — Pilates / Yoga on a Mat
11:30am — Wellness Talks and Fitness Tips
3:30pm — Exercise for Arthritis
4pm — Total Fitness: Everything You Need for a Great Workout

TUESDAY

8:30am — Exercise for Arthritis
9am — Core Strength
10:30am — Strength Training
11am — Tai Chi and Yoga in a Chair
11:30am — Wellness Talks and Fitness Tips
3:30pm — Exercise for Arthritis
4pm — Total Fitness: Everything You Need for a Great Workout

WEDNESDAY

8:30am — Exercise for Arthritis
9am — Core Strength
3:30pm — Exercise for Arthritis
4pm — Total Fitness: Everything You Need for a Great Workout

THURSDAY

8:30am — Exercise for Arthritis
9am — Core Strength
10:30am — Strength Training
11am — Tai Chi and Yoga in a Chair
11:30am — Wellness Talks and Fitness Tips
3:30pm — Exercise for Arthritis
4pm — Total Fitness: Everything You Need for a Great Workout
except on 2nd and 4th Thursdays

FRIDAY

8:30am — Exercise for Arthritis
9am — Core Strength
10:30am — Cardio
11am — Fitness Class: Techniques for getting up off the floor
3:30pm — Exercise for Arthritis
4pm — Total Fitness: Everything You Need for a Great Workout

SATURDAY

10am — Exercise for Arthritis
10:30am — Strength Training