




# Evidence Based Exercise Programs

FY 23-24



Dates are subject to change with inclement weather, holiday's, etc. as needed to complete requirement of sessions. Space is limited and seniors must call 910-296-2140 to register for classes.

 <p><b>ARTHRTIS FOUNDATION®</b> Exercise Classes; <b>Kenansville</b> Location: Senior Center, 213 Seminary St., Kenansville, N.C. 28349 18 sessions Time: <u>Wednesday's</u> <u>@ 10:30 a.m.</u> <u>Instructor:</u> <u>Melisa S. Brown</u></p> <p><b>Block 1</b></p>	 <p><b>Kenansville</b> Location: Senior Center 213 Seminary St., Kenansville, N.C. 28349 20 sessions  <b>Twice a week</b> <b>Tuesday &amp; Thursday</b> <b>10:30 a.m.</b> <u>Instructor: Beth Taylor</u></p> <p><b>Block 2</b></p>	 <p><b>ARTHRTIS FOUNDATION®</b> Exercise Classes; <b>Kenansville</b> &amp; Optional Location(s) - TBA  Wednesday's @ 10:30 a.m. or Thursday's @ 11:00 a.m.  <i>(Optional Tuesday – depending on location as designated below).</i></p> <p><b>Block 3</b></p>
July 5	January 2	March 14
July 12	January 4	March 21
July 19	January 9	March 28
August 2	January 11	April 4
August 9	January 16	April 11
August 16	January 18	April 16 - Tuesday
August 23	January 23	April 18
August 30	January 25	April 25
September 6	January 30	May 2
September 13	February 1	May 9
September 20	February 6	May 16
September 27	February 8	May 23
October 4	February 13	May 30
October 11	February 15	June 6
October 18	February 20	June 11 – Tuesday
October 25	February 22	June 13
November 1	February 27	June 20
November 8	February 29	June 25- Tuesday
	March 5	
	March 7	