

EXERCISE PROGRAM



Arthritis Exercise Classes FY 2023

The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range of motion exercises that are suitable for every fitness level and ability. Exercises are led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair. Nutrition education is provided before each workout session.

The Exercise Program will help you

- Keep joints flexible and muscles strong
 - Increase energy
- Improve your well being
 - Sleep better

Class Information

1. To register for the arthritis exercise class, call Pastor Mark Hobbs at 919-607-3002.
2. Class size is limited to available space. You must call to register for the class.
3. Class location: **Snow Hill FWB Church** located at 1224 Red Hill Rd., Mount Olive, N.C. 28365. Once the participant registers for class, more instructions will be provided.
4. Participants are encouraged to bring their own individual weights.

During the 18-week sessions, (9) of the classes will be held on Monday at 11:00 a.m.; and (9) of the classes will be held on Thursday's at 11:00 a.m.

Session 1 – Thursday, January 5, 2023
Session 2 – Monday, January 9, 2023
Session 3 – Thursday, January 19, 2023
Session 4 – Monday, January 23, 2023
Session 5 – Thursday, February 2, 2023
Session 6 – Monday, February 6, 2023
Session 7 – Thursday, February 16, 2023
Session 8 – Monday, February 20, 2023
Session 9 – Thursday, March 2, 2023

Session 10 – Monday, March 6, 2023
Session 11 – Thursday, March 16, 2023
Session 12 – Monday, March 20, 2023
Session 13 – Thursday, March 30, 2023
Session 14 – Monday, April 3, 2023
Session 15 – Monday, April 10, 2023
Session 16 – Monday, April 17, 2023
Session 17 – Thursday, April 27, 2023
Session 18 – Thursday, May 4, 2023

12/20/22