Reduce stiffness and get energized

Join us for this low-impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Arthritis Foundation Exercise Program uses gentle range-of-motion exercises to help people of all fitness levels:

- keep joints flexible and muscles strong
- sleep better
- increase energy
- improve overall well-being

Berston Fieldhouse
3300 N Saginaw Street
Flint, MI 48505
Mondays:
October 7 - November 25, 2019
10:00am - 11:00am
FREE CLASSES!!!

COME JOIN OUR CLASS
There’s no cost to SilverSneakers® fitness program members.

We’ll see you at class!