



KEEP IT MOVING

with Arthritis Foundation Classes & Certified Instructors

Exercise with Lori Michiel in the Grove Room Monday, Wednesday, Fridays

Doctors and therapists agree that moderate physical activity can improve your health and provide many physical as well as emotional benefits. The Arthritis Foundation Exercise Program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility, range of motion and helps maintain muscle strength. Different classes are available to match your fitness level with workouts including sitting, standing or floor exercises.

Aquatic Exercise with Lauranne Payne Tuesdays & Thursdays

The Arthritis Foundation Aquatic Program is designed to safely keep your joints moving and improve your sense of well-being. Water is an ideal environment for relieving arthritis pain and stiffness. These exercises burn calories, help alleviate back pain, strengthen your core, can have a therapeutic effect and can be an essential part of a recovery workout program.

**Call for this week's scheduled class time and to RSVP for you and a friend!
(818) 812-4600**



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