



Arthritis Foundation Exercise Program

An exercise program designed to help those who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance in order to improve the performance of their daily activities. Classes are offered 1-2 times per week for an hour. *Scholarships are available to those in financial need.

Location	Dates/Time	
Marshfield Senior Community Center Cost: \$3/class Instructor: Marcia Lindow	January 10 th -March 1 st T & Th 9:00-10:00 AM	Call the ADRC-CW for more information or just drop-in & try it! 1-888-486-9545
Pittsville- Nancy Nye Apartments Cost: \$3/class or \$18 for entire session Instructor: Jackie Urbans	January 18 th -February 22 nd Wednesdays only 11:00 AM-12:00 PM	Call the ADRC-CW for more information or just drop-in & try it! 1-888-486-9545
Wausau- Aging & Disability Resource Center- Wellness Room Cost: FREE *Sponsored by Aspirus Instructor: Jessica Kurth	January 3 rd -February 9 th T & Th 9:00-9:45 AM Next session: February 28 th -April 5 th	Call the Aspirus Information Center to register, 715-847-2380 or 1-800-847-4707 . Register early. Space is limited!
Antigo- Langlade County Health Services Gym Cost: \$3/class or \$18 for 4-week session	January 9 th -February 29 th M & W 9:00-10:00 AM	Call the ADRC-CW for more information. 1-888-486-9545

For more information about Arthritis Foundation Exercise Program, class schedule, and fees, call 1 (888) 486-9545 Class schedule may change. Please call prior to joining a class!

Cancellation Policy: If local schools are closed due to inclement weather, classes will automatically be cancelled.