



Orland Township

14807 Ravinia Ave. Orland Park, IL
(708)403-4222

ARTHRITIS FOUNDATION Joints In Motion "J.I.M. CLASS"



CLASS SCHEDULE

February 2, 2021 - March 23, 2021

Tuesdays

2:15 p.m. – 3:15 p.m.

February 2

February 9

February 16

February 23

March 2

March 9

March 16

March 23



NEW TEMPORARY LOCATION

ORLAND CHATEAU

14500 S. LA GRANGE

CLASS FEE: \$22.00

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

Benefits to You...The Exercise Program will help you:

Keep joints flexible and muscles strong • Sleep better • Increase energy • Improve your overall outlook