



Orland Township

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

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



CLASS SCHEDULE

April 6, 2021 – April 27, 2021

Tuesdays

2:15 p.m. – 3:15 p.m.

April 6

April 13

April 20

April 27



CLASS FEE: \$11.00

**Classes Held at the Orland Chateau
14500 S. LaGrange Rd.**

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