Orland Township

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

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

CLASS SCHEDULE

January 11, 2022 – April 5, 2022

Tuesdays

9:30 a.m. – 10:30 a.m.

January 11
January 18
January 25
February 1
February 8
February 15
February 22
March 1
March 8
March 15
March 22
March 29
April 5

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