



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 a.m.	ADVANCED ARTHROFIT		ADVANCED ARTHROFIT		ADVANCED ARTHROFIT		
9 a.m.	BUILD ME UP			BUILD ME UP			
10 a.m.	LIVE FIT	ARTHROFIT	LIVE FIT	ARTHROFIT	LIVE FIT FLEX		
10:30 a.m.		ARTHROFIT		ARTHROFIT			
11 a.m.		ARTHROFIT		ARTHROFIT			

## Classes Offered:

**LIVE FIT** is designed to help midlife and older adults improve their fitness level in order to complete daily activities and hobbies with ease. We focus on improving strength, flexibility, range of motion, balance and aerobic endurance.  
Monday, Wednesday: 10-11 a.m.

**BUILD ME UP** is geared toward individuals with mobility challenges or who may be using assistive walking devices. This group-based class incorporates seated resistance exercises to help build muscle strength and endurance. Our goal is to help clients perform activities of daily living with greater ease.  
Monday, Thursday: 9-10 a.m.

**LIVE FIT FLEX** is an additional class time with an instructor in case you are unable to attend your scheduled Build Me Up or Live Fit Class.  
Friday: 10-11 a.m.

**PERSONAL TRAINING** is a great way to achieve your personal goals. We will motivate you, help you stay accountable, and teach you how to exercise safely and effectively. We want to help you achieve the healthiest life possible. Individual and small group training is available.

**ARTHROFIT** features three different types of exercises to help participants achieve better health and mobility:

Aerobic conditioning on a treadmill or a bike in an interval format in order to improve endurance and maximize calories burned.

Strength training in a circuit format to maximize calories burned and minimize stress on your joints.

Flexibility and stretching of the major muscle groups in order to minimize stiffness and increase mobility.

The Arthro-Fit class is also great for people who have recently had joint replacement surgery.  
Tuesday, Thursday: 10 a.m., 10:30 a.m. & 11 a.m.