

# ARBOR FITNESS SCHEDULE

Arbor Fitness Center 815-316-1595

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 am	<b>Sit &amp; Be Fit</b> Swingley Lounge	<b>Strong Stability &amp; Balance</b> Swingley Lounge	<b>Sit &amp; Be Fit</b> Swingley Lounge	<b>Strong Stability &amp; Balance</b> Swingley Lounge	<b>Sit &amp; Be Fit</b> Swingley Lounge
9:30 am	<b>Healthy Hands</b> Swingley Lounge		<b>Healthy Hands</b> Swingley Lounge		<b>Healthy Hands</b> Swingley Lounge
2:00 pm	<b>Cardio Drumming</b> Swingley Lounge		<b>Cardio Drumming</b> Swingley Lounge		

## **Class Descriptions**

**Cardio Drumming-** Come get your heart pumping, muscles working, and reduce stress while having a blast drumming to upbeat music of the past. This class will be seated.

**Healthy Hands-** Build strength and increase mobility and dexterity in your hands. This class will benefit those with arthritis and helps prolong healthy hands for those without arthritis.

**Sit & Be Fit-** Seated exercises that engage the whole body. This class will focus on strength and flexibility while getting your heart pumping.

**Strong Stability & Balance-** Looking to improve your balance and strength? Then this class is for you. Exercises will be performed in a chair with options to stand.

**For Questions call 815-316-6062.**

