



Program	Description	Time	Audience	Cost
Arthritis Foundation Exercise Program (AFEP)	The Arthritis Foundation Exercise Program (AFEP) is a low-impact class that can be done either sitting or standing. These gentle, joint safe exercises relieve stiffness and decrease arthritis pain.	1 hour class 3 classes/week	Adults with arthritis or anyone wanting to establish an exercise routine.	No cost
EnhanceFitness (EF)	The EnhanceFitness (EF) class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.	1 hour class 3 classes/week	Adults of all fitness levels who want to establish an exercise routine.	No cost
Tai Chi for Arthritis and Health (Tai Chi)	Tai Chi is an enjoyable exercise that can relieve your pain, improve your health, and increase your ability to do things.	1 hour class	Anyone 65 and older is welcome to join!	No cost
Walk With Ease (WWE)	The Walk With Ease (WWE) program helps participants develop a walking plan to meet their particular needs, helps them stay motivated and teaches how to exercise safely.	1 hour class 3 classes/week	Adults with arthritis pain or just want to be active.	No cost

Arthritis Foundation Exercise Program

A low-impact class that can be done sitting or standing



EnhanceFitness

A class that focuses on stretching, flexibility, balance, low impact aerobics, and strength training



Tai Chi

Tai Chi for Arthritis/Health is a 1-hour class led by a trained instructor. Anyone 65 and older is welcome to join!



Walk With Ease

A program that motivates you to get into shape by helping you walk safely and comfortably

