

Evidence Based Exercise Programs

FY 24-25



Dates are subject to change with inclement weather, holiday's, etc. as needed to complete requirement of sessions. Space is limited and seniors must call 910-296-2140 to register for classes.

 <p>ARTHRTIS FOUNDATION® Exercise Classes; Kenansville Location: Senior Center, 213 Seminary St., Kenansville, N.C. 28349 18 sessions Time: <u>Wednesday's</u> <u>@ 10:30 a.m.</u> <u>Instructor:</u> <u>Melisa S. Brown</u></p> <p>Block 1 – (18)</p>	 <p>Kenansville Location: Senior Center 213 Seminary St., Kenansville, N.C. 28349 20 sessions Twice a week Tuesday & Thursday 10:30 a.m. <u>Instructor: Beth Taylor</u></p> <p>Block 2 – (20)</p>	 <p>ARTHRTIS FOUNDATION® Exercise Classes; Kenansville & Kenansville Location(s) Tuesday's & Thursday's @ 10:30 a.m. (Twice a week) <i>Instructor: Melisa S. Brown</i></p> <p>Block 3 – (18)</p>
July 24	Tuesday - January 14	Tuesday – April 8
July 31	Thursday - January 16	Thursday – April 10
August 7	Tuesday – January 21	Tuesday – April 15
August 14	Thursday – January 23	Thursday – April 17
August 21	Tuesday – January 28	Tuesday – April 22
August 28	Thursday – January 30	Thursday – April 24
September 4	Tuesday – February 4	Tuesday – April 29
September 11	February 6	Tuesday – May 6
September 18	February 11	Thursday – May 8
September 25	February 13	Tuesday – May 13
October 2	February 18	Thursday – May 15
October 9	February 20	Tuesday – May 20
October 16	February 26	Thursday – May 22
October 23	February 27	Tuesday – May 27
October 30	March 4	Thursday – May 29
November 6	March 6	Tuesday – June 3
November 13	March 11	Thursday – June 5
November 20	March 13	Tuesday – June 10
	March 18	
	March 20	