



CBRC Health & Fitness

ARTHRITIS

This program is intended for those with impaired joint movement. The program includes exercises to improve the participant's overall function and the performance of daily tasks, mobility, gait, independence, flexibility, balance, and coordination. The components of the program are warm-up, joint range of motion for flexibility & strength, endurance, and active stretch.

Arthritis Program Options:

Hydrotherapy, Chair Yoga and Tai Chi Classes available daily
(included in membership)

Meet with exercise professionals twice a week for 30-minute sessions. Available in 3, 6, or 12-month programs.
Cost: \$36-\$43 per session depending on program length.

CBRC Health & Fitness' Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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