

Open to the community

Walk with Ease



The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

Join the Walk with Ease program to:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

Each class has a health education component and includes stretching and strengthening exercises, walking, and motivational tips and tools. Class meets 3 times a week for 6 weeks. Registration fee includes a Walk with Ease workbook.

Days: Mondays, Wednesdays, and Fridays
Dates: April 24-June 2
Time: 1-2 p.m.
Location: Aerobics Studio
Cost: \$99
Instructor: Patricia O'Connell

About the Instructor: Patrícia has a bachelor's degree in psychology and has been working in the health and fitness industry since 2011. She is a certified personal trainer and group fitness instructor, a health coach, and a nutrition coach. She is also a Walk with Ease coach through the Arthritis Foundation and is excited to offer this program to the community.

For more information or to register, stop by the Member Services desk or call 515-226-9622.