



Physical Therapy Care Weekly Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arthritis Foundation Group Exercise Class 1:00 pm - 2:00 pm	Pilates Group Class 9:00 am – 10:00 am Arthritis Foundation Group Exercise Class 2:00 pm - 3:00 pm Pilates Group Class 5:00pm – 6:00pm 6:00 pm – 7:00 pm	Arthritis Foundation Group Exercise Class 1:00 pm - 2:00 pm Pilates Group Class 5:00pm Intro 6:00pm Intro	Pilates Group Class 9:00 am – 10:00 am Arthritis Foundation Group Exercise Class 2:00 pm - 3:00 pm Pilates Group Class 5:00pm – 6:00pm 6:00 pm – 7:00 pm		Pilates Group 8:30am-9:30am Intro 9:30am-10:30am Beginner 10:30am-11:30am Intermediate **Call to schedule a Private or Semi-Private class**

Pilates Class
Work on core stability, flexibility and the mind- body connection in one of our pilates classes.

Group classes (\$25/class)
Private (\$75/ 1 person class)
Semi- private (\$40/ person, 2 per class)

**Arthritis Foundation
Group Exercise Class**
Exercise and pain management techniques designed by the Arthritis Foundation and taught by certified instructors. Exercises include range of motion for all major joints, strengthening, stretching, coordination and balance training in a social atmosphere
***Free class**

6214 W. Manchester Ave.
Los Angeles, CA 90045
(310) 348-8464 Fax (310) 348-8470