

**Exercise to Beat Back Pain | Focused exercise to decrease low back pain.**

**WHEN** 10:15am to 11:15am, Wednesdays & Fridays, starts 9/04 and runs for 8 weeks  
**REGISTER** \$160 for 16 one-hour classes

**Low Impact Fitness | Combines gentle movement, stretching, strengthening and balance. Suitable for anyone able to move independently. Chairs available.**

**WHEN** 8:00 am to 9:00 am, Monday through Thursday mornings, starting 9/23; OR  
**WHEN** 3:00 pm to 4:00 pm, Tuesday, Thursday & Friday afternoons, starting 9/24  
**DROP IN** 1<sup>st</sup> class free, then \$5 per class; purchase punch card at 834 Sheridan, Waterside

**Ready, Set Fit! Exercise Class | Be confident in your body alignment and intensity of your exercise routine. Transfer skills to achieve your personal fitness goals. Taught by Mary Breckel, DPT.**

**WHEN** 1:00 pm to 2:30 pm, Mondays & Wednesdays, starts 9/30 and runs 8 weeks  
**REGISTER** \$240 for 16 one and one half hour classes

**Therapeutic Yoga | For individuals beginning their yoga practice or for those who want to return to the foundations of yoga.**

**WHEN** 4:45 pm to 5:30pm, Tuesdays & Thursdays  
**DROP IN** 1<sup>st</sup> class free, then \$5 per class; purchase punch card at 834 Sheridan, Waterside

**Moving for Better Balance: Tai Ji Quan for Continuing Students | A falls prevention program for everyone who has completed the beginning Moving for Better Balance: Tai Ji Quan class.**

**WHEN** 10:15 am to 11:15 am, Tuesdays & Thursdays ONGOING  
**DROP IN** \$5 per class, purchase punch card at 834 Sheridan, Waterside Entrance

**Dance with Parkinson's | Instructor trained with Mark Morris Dance Group for PD.**

**WHEN** 1:15 pm to 2:45 pm, Thursdays  
**DROP IN** 1<sup>st</sup> class free, then \$5 per class; purchase punch card at 834 Sheridan, Waterside

**Wellness Center: 1230 W. Sims Way (QFC Plaza), Port Townsend**

**Register: 360.385.2200 extension 1223**

**Info: [JeffersonHealthcare.org](http://JeffersonHealthcare.org)**