



Well-Beings Exercise Class

This is a 45 minute, land-based, group exercise class for adults that will focus on stretching, range of motion, general strengthening and balance. Exercises can be modified for your needs and can be performed sitting or standing by a chair. Our certified recreational therapist and/or exercise specialists will lead the class in exercises to promote your general health and Well-Being.

Cost: Each class is \$5.00. (Payment will be due upon arrival. Insurance will not be billed.)

When: Mondays and Thursdays from 11 am to 11:45 am.

Where: IU Health Ball Memorial Hospital
Rehabilitation Center Gym,
3300 W. Community Dr.
Muncie, IN 47304,
765.751.2555

*All participants will need to complete information and consent forms (located at the front desk) prior to their first class.



Ball Memorial Hospital

Discover the strength at iuhealth.org/ball-memorial