Diabetes Group Exercise Class

A weekly group exercise class consisting of:
- Aerobic Exercise
- Resistive Exercise
- Strength Training
- Balance Exercise
- Education

Strong Physical Therapy
Outpatient Clinic
4901 Lac De Ville Blvd
Bld D Suite 250
Rochester NY, 14618

Thursdays 5:30 to 6:30 pm
$15 per class

Call to Join: 585-341-9000