

Total Joint Class Schedule 2019

Monday January 7, 2018

Monday January 21, 2018

Monday February 4, 2018

Monday February 18, 2018

Monday March 4, 2018

Monday March 18, 2018

Monday April 1, 2018

Monday April 15, 2018

Monday April 29, 2018

Monday May 13, 2018

Friday May 24, 2018

Monday June 10, 2018

Monday June 24, 2018

Monday July 8, 2018

Monday July 22, 2018

Monday August 5, 2018

Monday August 19, 2018

Friday August 30, 2018

Monday September 16, 2018

Monday September 30, 2018

Monday October 14, 2018

Monday October 28, 2018

Monday November 11, 2018

Monday November 25, 2018

Monday December 9, 2018

Monday December 23, 2018

Please come to the main hospital entrance at 2720 Stone Park Blvd, Sioux City, IA 51104

Valet Parking is available to you at the front entrance.

Each class will start at 9:30am and will be approximately 1 hour long. The class will include helpful information about your upcoming surgery as well as exercises you'll be doing after the procedure.

If you have questions please call 712-279-7025.