

Total Joint Class Schedule 2020

Monday January 6, 2020

Monday January 20, 2020

Monday February 3, 2020

Monday February 17, 2020

Monday March 2, 2020

Monday March 16, 2020

Monday March 30, 2020

Monday April 13, 2020

Monday April 27, 2020

Monday May 11, 2020

Friday May 22, 2020

Monday June 8, 2020

Monday June 22, 2020

Monday July 6, 2020

Monday July 20, 2020

Monday August 3, 2020

Monday August 17, 2020

Friday August 31, 2020

Monday September 14, 2020

Monday September 28, 2020

Monday October 12, 2020

Monday October 26, 2020

Monday November 9, 2020

Monday November 23, 2020

Monday December 7, 2020

Monday December 21, 2020

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.