

Arthritis Foundation,  
Pacific Region  
800 W. 6<sup>th</sup> Street, #1250,  
Los Angeles, CA 90017  
(323) 954-5750  
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arthritis foundation

## programs for better living



Want to  
reduce pain?  
Learn about  
our programs.

LEARN MORE

## Welcome to the Arizona page of our Programs for Better Living!

Here, you will find a list of our programs at a location near you.

**\*\*PLEASE CONTACT EACH SITE FOR PRICE AND SCHEDULE\*\***

**AQUATICS**  
a program for better living



### ARIZONA

City, Zip Code	Facility Name	Address	Phone Number	Website
Phoenix, 85044	Ahwatukee Recreation Center	500 E. Cheyenne Rd	(480) 704-9222	<a href="http://www.arcaz.net">www.arcaz.net</a>
Apache Junction, 85220	Saguaro Fitness & Rehab Center	305 N. Plaza Dr	(480)982-2294	<a href="http://www.saguarofitnessandrehab.com">www.saguarofitnessandrehab.com</a>
Flagstaff, 86001	DeRosa Physical Therapy	1485 N. Turquoise Rd., Ste. 220	(928)774-6626	<a href="http://www.dptcenter.com">www.dptcenter.com</a>
Glendale, 85306	Banner Thunderbird Medical Center Outpatient Rehab	5555 W. Thunderbird Rd	(602)865-5830	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>

Green Valley, 85629	La Posada at Park Centre (RESIDENTS AND FAMILIES)	670 Park Centre,	(520) 648-4223	<a href="http://www.laposadagv.com">www.laposadagv.com</a>
Kingman, 86401	Del E. Webb Wellness & Rehab Center	1719 Beverly Ave	(928)692-4600	<a href="http://www.azkrmc.com">www.azkrmc.com</a>
Lake Havasu City, 86403	Lake Havasu Parks and Recreation	100 Park Ave	(928)453-8686	<a href="http://www.lhcaz.gov">www.lhcaz.gov</a>
Lake Havasu City, 86403	Lakeside Physical Therapy	25 Riveria Blvd	(928)855-4248	<a href="http://www.lakesideptandrehab.com">www.lakesideptandrehab.com</a>
Maricopa, 85139	Ak-Chin Recreation Center	46753 W. Farell Rd.	(520)568-1746	<a href="http://www.ak-chin.nsn.us">www.ak-chin.nsn.us</a>
Mesa, 85206	East Valley Physical Therapy & Rehab	217 S. 63 Street, Suite 101	(480)981-0900	<a href="http://www.eastvalleypt.com">www.eastvalleypt.com</a>
Mesa, 85202	Swim Kids USA	2725 W Guadalupe Rd	(480) 820-9109	<a href="http://www.swimkidsaz.com">www.swimkidsaz.com</a>
Prescott, 86305	Center for Physical Excellence	3117 Stillwater Dr.	(928)442-0005	<a href="http://www.prescottphysicaltherapy.com">www.prescottphysicaltherapy.com</a>
Phoenix, 85034	Virginia Piper Sports and Fitness Center	5025 E. Washington St.,	(602)386-4566	<a href="http://www.spofit.org">www.spofit.org</a>
Phoenix, 85040	Salvation Army Kroc Center	1375 E. Broadway Road	(602)425-5000	<a href="http://www.psmkroc.org">www.psmkroc.org</a>
Scottsdale, 85260	HealthSouth- Scottsdale Rehab Hospital	9630 E. Shea Blvd.,	(480)551-5423	<a href="http://www.healthsouthscottsdale.com">www.healthsouthscottsdale.com</a>
Scottsdale, 85260	Spooner Physical Therapy	9097 E. Desert Cove, Ste. 110	(480)860-4298	<a href="http://www.spoonerphysicaltherapy.com">www.spoonerphysicaltherapy.com</a>
Tucson, 85716	Edith Ball Adaptive Recreation Center	3455 E. Zoo Court	(520)791-5643	<a href="http://cms3.tucsonaz.gov/parksandrec/arc">cms3.tucsonaz.gov/parksandrec/arc</a>
Youngtown, 85363	Aspire Physical Therapy	12600 N. 113th Ave. Bldg. A	(623)972-4033	<a href="http://www.aspiretherapy.com">www.aspiretherapy.com</a>

## ARIZONA

City, Zip Code	Facility Name	Address	Phone Number	Website
Fountain Hills, 85268	TruFit Studios	16734 E Palisades Blvd., Bldg. A, Ste. 104	(480)272-0547	<a href="http://www.trufitstudios.com">www.trufitstudios.com</a>
Green Valley, 85629	La Posada at Park Centre (RESIDENTS AND THEIR FAMILIES)	670 Park Centre,	(520)648-4223	<a href="http://www.laposadagv.com">www.laposadagv.com</a>
Kingman, 86401	<b>Del E. Webb Wellness &amp; Rehab Center</b>	1719 Beverly Ave.	(928)692-4600	<a href="http://www.azkrmc.com">www.azkrmc.com</a>
Prescott Valley, 86314	Mt. Valley Regional Rehab Hospital	3700 Windsong Dr.	(928)759-8800	<a href="http://www.mvrrh.ernesthealth.com">www.mvrrh.ernesthealth.com</a>
Sun City, 85373	American Lutheran Church	17200 N. Del Webb Blvd	(623)974-2512	<a href="http://www.alc-sc-az.org">www.alc-sc-az.org</a>
Tucson, 85710	Atria Bell Court Gardens (RESIDENTS)	6653 E. Carondelet	(520)886-3600	<a href="http://www.atriabellcourtgardens.com">www.atriabellcourtgardens.com</a>
Tucson, 85712	Atria Valley Manor (RESIDENTS)	5549 E. Lee St	(520)886-7937	
Tucson, 85715	Tucson Med. Ctr. Senior Services El Dorado Health Campus	1400 N. Wilmot Rd.	(520)324-1960	<a href="http://www.tmcaz.com/Community/Seniors.com">www.tmcaz.com/Community/Seniors.com</a>

# TAI CHI

a program for better living



## ARIZONA

City, Zip Code	Facility Name	Address	Phone Number	Website
Bullhead City, 86442	Bullhead Health Club	967 Hancock Rd. Ste. 65	(928)704-4610	<a href="http://www.bullheadhealthclubbhc.com/">www.bullheadhealthclubbhc.com/</a>
Payson, 85541	Gila Community College (REGISTERED STUDENTS)	201 N. Mud Springs Rd	(928)468-8039	
Payson, AZ	Payson Healing Arts Center	616 North Beeline Hwy	(928)978-1715	
Payson 85541	Club USA (MEMBERS OR SILVER SNEAKERS)	113 West Main Street suite B	(928)474-2582	
Payson 85541	Tai Chi in the Park	Green Valley Park near the bandstand-- west end of Main Street	(928)468-8039	
Phoenix, 85034	Virgina Piper Sports and Fitness Center	5025 E. Washington St	(602)386-4566	<a href="http://www.spofit.org">www.spofit.org</a>
Scottsdale 85260	Arthritis Health Comprehensive Care	9097 E. Desert Cove, Ste. 100	(480)609-4200	<a href="http://www.arthritishealth.net">www.arthritishealth.net</a>
Tucson, 85710	Atria Bell Court Gardens (RESIDENTS)	6653 E. Carondelet,	(520)886-3600	<a href="http://www.atriabellcourtgardens.com">www.atriabellcourtgardens.com</a>

Tucson, 85712	Atria Valley Manor (RESIDENTS)	5549 E. Lee St	(520)886-7937	
Tucson, 85712	Flowing Wells Community Center	1660 W. Ruthrauff Rd	(520)877-6000	<a href="http://www.pima.gov/nrpr">www.pima.gov/nrpr</a>
Tucson, 85712	Fountain Plaza Medical Offices	6060 N. Fountain Plaza Dr	(520)877-6000	<a href="http://www.pima.gov/nrpr">www.pima.gov/nrpr</a>
Tucson, 85749	Kirk-Bear Canyon Library	8959 E. Tanque Verde Rd.,	(520)780-6751	
Tucson, 85710	Oasis at Fellowship Square (RESIDENTS)	8111 E. Broadway Blvd.,	(520)733-0411	
Tucson, 85712	Oasis at Junior League of Tucson	2099 E. River Rd	(520)322-5627	<a href="http://www.oasisnet.org/Cities/West/TucsonAZ.aspx">www.oasisnet.org/Cities/West/TucsonAZ.aspx</a>
Tucson, 85719	Our Savior's Lutheran Church	1200 N Campbell Ave	(520) 780-6751	
Tucson, 85713	Quincie Douglas Library	1585 E. 36th St	(520)780-6751	

**WALK WITH EASE**  
a program for better living



## ARIZONA

City, Zip Code	Facility Name	Street Address	Phone Number	Website
Fountain Hills, 85268	TruFit Studios	16838 E. Palisades Blvd.	(480) 272-0547	<a href="http://www.trufitstudios.com">www.trufitstudios.com</a>
Phx, 85018	Camelview Physical Therapy	4250 E. Camaelback Rd. Suite k205	(602) 956-9434	